

# Finding Your Way 2016

**A directory for parents about services  
for children and young people with  
physical, learning or emotional disabilities  
in Nottingham and Nottinghamshire**

*compiled by*

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Information Officers

Nottinghamshire Healthcare NHS Foundation Trust

If you cannot find the information you need in this directory,  
want to tell us about any changes, or you would like a PDF version  
or extra copies contact the

Information Service

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text 07500 102796

Email: [infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

Web: [www.nottinghamshirehealthcare.nhs.uk/the-information-service](http://www.nottinghamshirehealthcare.nhs.uk/the-information-service)

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We would like to thank everyone who helped with research for this directory and sent in updates, especially Hannah Chima.

published by:  
Nottinghamshire Healthcare NHS Foundation Trust

printed by:  
Russell Press, Nottingham, [www.russellpress.com](http://www.russellpress.com)

designed and produced by Dave Everitt:  
Eco Consulting, [www.ecoconsulting.co.uk](http://www.ecoconsulting.co.uk)

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## Useful websites

### Local Offer–Nottingham City

<http://search3.openobjects.com/kb5/nottingham/fsd/localoffer.page?familychannel=8>

### Local Offer–Nottinghamshire

<http://helpyourselfnotts.org.uk/kb5/nottinghamshire/directory/localoffer.page?localofferchannel=0>

### Ask Iris

[www.askiris.org.uk/](http://www.askiris.org.uk/)

### Contact a Family

[www.cafamily.org.uk/](http://www.cafamily.org.uk/)

## Useful telephone numbers

Nottingham City Council	0115 915 5555
Nottinghamshire County Council	0300 500 80 80
Single Point of Access (Nottm. and Notts. Children's Community Nursing and Therapy Services)	0300 123 3387
Single Point of Access (Bassetlaw NHS local services)	01777 274422
Community Paediatricians' Hub (Nottingham Children's Hospital)	0115 840 4848
Information Service, Children's Development Centre, Nottingham	0115 883 1157 or 883 1158
Bassetlaw District General Hospital	01909 500990
Kings Mill Hospital	01623 622515
Queen's Medical Centre	0115 924 9924
Ask Us Nottinghamshire (formerly Parent Partnership)	0115 804 1740
Autism East Midlands	01623 506678
DLA Helpline	03457 123456
PIP Claims Line	0800 917 2222

All website addresses (URLs) within general text are bold as in the following examples:

**[www.awebsite.org](http://www.awebsite.org)** or **[awebsite.org/a\\_section/](http://www.awebsite.org/a_section/)**

Note: very long URLs may be broken over two lines

## Health

Health services for children with special needs can often involve many appointments with a wide range of different health workers. Some of these health workers eg. the GP provide a service for all children while others provide specialist services such as speech therapy, occupational therapy and physiotherapy. Some services are provided at hospitals, some at a local health centre, at your child's school or nursery, at a local Children's Centre or in your home. Where there are many people to see, families may be offered a key worker to make sure that all the services are properly coordinated.

Don't forget to use your child's own Personal Child Health Record (sometimes referred to as the Red Book). Contacts with health professionals (both in hospital and community health services) should be recorded in this, and it helps if you take it around to appointments with you so that you have a full record of who is involved with your child. An eRedbook is being trialled in some areas (March 2016) but is not available in Nottinghamshire or Nottingham yet. You can find out more about this at [www.eredbook.org](http://www.eredbook.org)

The Red Book includes growth charts. Children with Down's syndrome should have an additional insert for the Red Book with special growth charts etc. (4th edition of the insert dated August 2015). Your health visitor should provide this. There are special growth charts for children and young people up to 20 years of age who require close monitoring or who are outside the usual growth range. This might be because a child has growth or nutritional problems or has late or early onset of puberty. Ask your health visitor or school nurse if you are unsure whether a special growth chart is needed for your child. Details of the charts are on the Royal College of Paediatrics and Child Health website [www.rcpch.ac.uk](http://www.rcpch.ac.uk)

## Services you can access for minor injuries/illness or advice without a referral

### NHS 111

111 is the NHS non emergency number. 111 is free from landlines and mobile phones and it is available 24 hours a day, every day. The 111 service will assess your symptoms, give you advice or direct you to the local service that can help you eg. an urgent care centre or out of hours service. 111 can arrange an ambulance if needed. You should still call 999 for a life-threatening emergency.

### NHS Urgent Care or Walk-In Centres

#### Nottingham NHS Urgent Care Centre

*Seaton House, City Link, Nottingham NG2 4LA*

Telephone 0115 8838500 for waiting times, directions.

Open every day of the year 7am–9pm. No appointment necessary. A nurse led service offering advice, information and treatments for injuries eg. sprains, minor burns, wounds including those requiring stitches, suspected fractures, minor head injuries not involving loss of consciousness, skin infections and rashes, eye infections and minor eye injuries etc. It is a 'sit and wait' service: patients are seen in order of attendance unless your need is assessed as urgent. Waiting times vary.

**Sheffield NHS Walk-in Centre***Rockingham House, 75 Broad Lane, Sheffield, S1 3PB*

Open 8am–10pm. No X ray facilities or dental treatment other than pain relief (as at March 2016).

**Derby Urgent Care Centre***Entrance C, London Road Community Hospital site, Osmaston Road, Derby DE1 2RG*

Telephone 01332 224700

Open 8am–8pm. X-ray facilities should be available early in 2016 but check first if you think your child may have a fracture.

**Loughborough Urgent Care Centre***Hospital Way, Leicestershire, LE11 5JY*

Telephone 01509 568800.

Open 24 hours a day 7 days a week.

The **minor injuries units** below treat children with cuts/suspected fractures. They do not treat children under 1 and do not X ray children under 5 although they can refer these children on. They mainly deal with injuries but could also treat children with earache, rashes etc.

**Ilkeston Community Hospital Minor Injuries Unit***Heanor Road, Ilkeston DE7 8LN*

Telephone 0115 9305522 option 1

Open 7 days a week 8–10pm X-ray facilities available 9am–5pm.

**Newark Minor Injuries Unit***Newark Hospital, Boundary Road, Newark, Nottinghamshire NG24 4DE*

Telephone 01636 681681 (switchboard)

Open 24/7, X-ray facilities are available but not 24 hours unless an emergency. Sees adults and children.

**Ripley Hospital Minor Injuries Unit***Sandham Road, Ripley, Derbyshire DE5 3HE*

Telephone 01773 571403

Open 7 days a week 8–10pm X-ray facilities available 9am–5pm Mon–Fri and Sat 9am–12noon.

**Get help from your pharmacy****Pharmacy First**

This service covers Nottingham and Nottinghamshire county. It gives you free assessment and advice from a pharmacist and, if appropriate, medicines for a range of minor ailments. Conditions covered include head lice, earache, teething, warts and verrucas, hay fever, conjunctivitis, sore throat, diarrhoea, threadworm, constipation. To use the service, you must be registered with a GP in Nottingham or Nottinghamshire and be exempt from prescription charges. You do not need to see your GP first, but you do need to join at a pharmacy which is part of the scheme (they should display a Pharmacy First logo.) Children aged under 3 months cannot use this service and should always be seen by a doctor. The pharmacist may refer your child to your GP surgery following the assessment if they think it is necessary.

**Online health information is available at****NHS Choices**Website [www.nhs.uk](http://www.nhs.uk)

You can use the website to find GPs, opticians, dentists etc. It provides information on a range of medical conditions and information for carers. Site includes videos.

**Medicines for Children**Website [www.medicinesforchildren.org.uk](http://www.medicinesforchildren.org.uk)

Practical and reliable information about giving medicines to your child. Leaflets can be downloaded and are written and checked by pharmacists and paediatricians and checked by parents and carers for clarity. Short films on how to give ear drops, nasal spray, rectal medicines etc.

**Self-Care Hub***Ashfield Health and Wellbeing Centre, Portland Street, Kirkby in Ashfield, Nottinghamshire NG17 7AE*

Telephone 0300 303 2600

Email [selfcarehub@selfhelp.org.uk](mailto:selfcarehub@selfhelp.org.uk)

Twitter @selfcarehub

Website [www.nottshelpyourself.org.uk/selfcarehub](http://www.nottshelpyourself.org.uk/selfcarehub)

Information about health services generally in mid Nottinghamshire.

**Expert Parent Programme**Website [www.councilfordisabledchildren.org.uk/expertparent](http://www.councilfordisabledchildren.org.uk/expertparent)

Department of Health Funded training programme for parents of children with disabilities. Empowers parents of disabled children and young people to become more confident and resilient when engaging with health services.

The **Royal College of Anaesthetists** has information for children and teenagers on having an anaesthetic and links to YouTube videos which have been made by individual anaesthetists in their own hospitals.

Website [www.rcoa.ac.uk/childrensinfo](http://www.rcoa.ac.uk/childrensinfo)**First aid courses**Some Children's Centres run paediatric first aid courses for parents (see list in *Early Years and Childcare* section of this directory)**Immunisation**

You can find the current schedule of vaccinations for children and young people at [www.nhs.uk](http://www.nhs.uk) under *Vaccinations* in the A–Z. Premature babies are at higher risk of infection and should be vaccinated in line with the normal schedule (advice checked March 2016). There is more information on the website. The Information Service 0115 8831157/8 can send information if you have no access to the internet.

**Nottingham and Nottinghamshire School Aged Immunisation Service**

Telephone 0115 8835035/07920182032

The team works closely with primary and secondary schools to provide vaccinations in school settings. It offers vaccination against tetanus, diphtheria, polio and meningococcal ACWY. It also offers the Human Papilloma Virus (HPV) immunisation given to protect girls against the virus that causes cervical cancer, and the flu vaccine (nasal spray). For children who are not in school, vaccinations are offered in health centres, community centres and in some cases in the child's own home. Parents and young people can contact the team with queries about vaccinations, to make a booking or to discuss additional support for young people who are anxious or are not attending a school regularly or are home-schooled. This service covers ages 5 to 16 years.

## Sleep

Parents and carers of children under 5 can get advice about sleep from their health visitor and support from their local Children's Centre (see list in the *Early Years and Childcare* section).

### Sleep Tight

Telephone 0115 8764000 (Jo Shaw or Wendy Beasley, Portage Team)  
Sleep course for parents of children with additional needs including older children and teenagers. Nottingham City residents only. Creche facilities available. The course runs at different venues around the city. Ring to register your interest and the team will let you know when the next course is running. Sleep Tight will help you establish why your child is not sleeping and learn methods and routines to encourage sleep. Staff are trained by the children's Sleep Charity.

There are specialist clinics at Queens Medical Centre for certain sleep conditions eg. narcolepsy and sleep apnoea to which your GP can refer you.

### Children's Sleep Charity

Telephone 01302 751416  
Email [info@thechildrenssleepcharity.org.uk](mailto:info@thechildrenssleepcharity.org.uk)  
Facebook [www.facebook.com/TheChildrensSleepCharity/](https://www.facebook.com/TheChildrensSleepCharity/)  
Website [www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)  
National charity running sleep courses around the country.

### Cerebra Sleep Service

Telephone 01267 244210  
Email [sleep@cerebra.org.uk](mailto:sleep@cerebra.org.uk)  
Website [www.cerebra.org.uk](http://www.cerebra.org.uk)

National charity who can provide support with sleep issues by phone or email. There is a referral form for you to complete on the website if you have internet access.

### Integrated Children's Disability Service (County)

may help with sleep difficulties in children with more severe disabilities.  
Telephone 0115 8041275

## Worried about your child's health or development?

There are several ways to get help and advice.

## Talk to your family doctor (general practitioner/GP)

A GP is usually the first point of contact if you have concerns about your child's health. GPs provide open and unlimited access to all types of patients and for all types of health problems. He or she can give advice on health problems, prescribe medicine, arrange for tests or a specialist examination. In Nottinghamshire County outside the city, the GP can initiate the Concerning Behaviours Pathway. If you do not have a GP you can find details of local GPs on the NHS Choices website at [www.nhs.uk](http://www.nhs.uk) or from your local Clinical Commissioning Group (CCG) website. These are listed near the end of this section of the directory. You can register with any GP provided you live within their catchment area and they are accepting new patients. Some GPs will accept people who live outside the catchment area. A GP cannot refuse to register your child without reasonable grounds (they cannot refuse simply because of the child's medical condition). GPs keep a medical record for all their patients—if your child is seen by other specialists, they should keep your GP informed about test results, recommended treatment etc. You can change GPs simply by registering with a different GP. You do not need to give a reason and you do not have to tell your current GP although it is helpful if you do so and may speed up the transfer. Health appointments can be difficult for some children—an appointment at the start of a clinic should mean there is less likely to be a wait or you could ask if the receptionist could text or phone you when the doctor is almost ready to see you so that you can sit in the car or go for a walk with your child in the meantime.

Contact a Family has a booklet on *Making GP practices more welcoming* which can be downloaded from their website [www.cafamily.org.uk](http://www.cafamily.org.uk) and a booklet on *The NHS and Caring for a Disabled Child—England*

The National Autistic Society has advice on coping with doctors appointments for children who are sensitive to crowded places, noise etc. See the website [www.autism.org.uk/doctor](http://www.autism.org.uk/doctor)

Young people aged 14 and over with a learning disability are entitled to a free annual health check and should be included on their GP's Register of Learning Disability see details in the *Transition* section of this directory

## Talk to your health visitor

Health visitors are nurses or midwives who have undertaken further specialist training in family and community health. They can give advice and different levels of support depending on your family needs. Support can start in pregnancy and continue from the early weeks of your baby's life onwards through childhood. They can offer home visits and will link with midwives and GPs, refer your child to local services, help you contact support services and arrange for you to get medical aids e.g. nappies from age of 4 years. They deliver the Healthy Child Programme from birth to 2 and a half years which includes reviews of new babies and development checks of young children.

Your GP or your local health centre (see list of health centres at the end of this section where health visitor bases are marked H) will be able to put you in touch with your health visitor. Health visitors may also run clinics at local Children's Centres (see *Early Years and Childcare* section to find your local Centre).

In **Nottingham City** you can also ring 0115 8838900 option 4 to find health visitors (the health visiting service covers anyone who lives in Nottingham city or has a city GP).

If you live in **Bassetlaw** you can contact health visitors or leave messages by phoning 01777 274422.

In the **County(outside Bassetlaw)** health visitor drop in sessions and phone numbers are listed on the Nottinghamshire Healthcare website at

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk) (under H in the A–Z). If you use the site note that *Nottingham West* covers the Broxtowe borough area—Beeston, Eastwood, Stapleford and *Nottingham North and East* covers Gedling borough—eg. Arnold, Carlton, Calverton—and Hucknall, Newstead, Bestwood Village. If you need to talk to a health visitor urgently but are unable to contact your own health visitor you can contact the:

#### Rapid Response Service

Broxtowe	07827233382 (9am–5pm)
Gedling	07792723694 (8.30am–5pm)
Mansfield and Ashfield	07827233389 (8.30am–5pm)
Newark	07827233391
Rushcliffe	07827233387 (9am–5pm)

In **Rushcliffe** the health visiting team organises Buggy Walks on the last Tuesday of every month from East Bridgford for parents and young children. For more details contact the health visitors at Bingham Health Centre 01949 872770 or look on:

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

#### Talk to the school nurse (public health nurse)

School/public health nurses can offer advice and information on a range of health issues for all children aged 5–19 including children and young people who do not attend school. They work with other services and with teachers and parents to promote your child's health. They can help with healthy eating and weight management, continence issues, emotional and sexual health, behaviour, drug and alcohol issues etc. Young people can speak to a school nurse in confidence except where there is a risk to themselves or others but school nurses will always encourage young people to speak to their parent/carer. In the city, a drop in service is offered in all secondary schools. In the county secondary school drop in sessions are listed on the Nottinghamshire Healthcare website at [www.nottinghamshirehealthcare.nhs.uk/school-nursing](http://www.nottinghamshirehealthcare.nhs.uk/school-nursing) as are drop in sessions in some infant, junior and primary schools and sessions held at Health Centres and Children's Centres. Please note that school nurse sessions at Children's Centres are for 5 years upward. From **September 2016** school nurses will no longer be based in special schools but will continue to provide a service in special schools in the city and county. Contacts are the same as for mainstream schools.

Your child's school may be able to put you in touch with the school nurse, but you can also contact them via numbers/health centre bases below. Please note that a family of schools includes one or more secondary schools and their feeder primary schools.

**Nottingham City** 0115 8834333 (all areas) or via Basford Health Centre, Bulwell Riverside, Clifton Cornerstone, Mary Potter Centre, St Ann's Valley Centre, Strelley Health Centre, Wollaton Health Centre (numbers in list of health centres at the end of this section of the directory).

#### Ashfield

*Hucknall* schools telephone 0115 8832100 (Hucknall Health Centre)

School nurse drop in sessions in Hucknall 1st Weds of month at Hucknall Health Centre 1–4pm, 3rd Weds of month at Butler's Hill and Broomhill Childrens Centre 1–4pm. For parents and young people.

#### Kirkby/Sutton/Selston

(Ashfield School, Kirkby College, Sutton Community Academy and Quarrydale Academy families of schools and Brackenhill School)

Telephone 01623 557136 (Oates Hill Health Centre)

#### Selston

(Selston High School and Selston/Underwood primary schools)

Telephone 01773 810245 (Selston Community Unit)

#### Bassetlaw

(All schools) telephone Single Point of Access 01777 274422

#### Broxtowe

Telephone 0115 9254281 (Beeston Health Centre)

or 0115 8440591 (Ilkeston Health Centre for schools in Eastwood, Kimberley and areas) or 0115 8835000 (Stapleford Care Centre)

#### Gedling

Telephone Arnold Health Centre 0115 8832300

or Park House Health and Social Care Centre 0115 9617616

#### Mansfield

Telephone the school nurse base single point of access 07825015959 at Mansfield Community Hospital.

#### Special schools:

Bracken Hill Fountaindale, Redgate and Yeoman Park all on 01623 491027 (Fountaindale)

#### Newark and Sherwood

Telephone 01636 594839 (Balderton Primary Care Centre) or 01623 791035 (for schools in Rainworth area) or 01636 593520 (Bridge Children's Centre, Newark) or 01636 593580 (Hawtonville and Balderton Children's Centre, Newark) or 01636 817936 (Southwell Medical Centre—school nursing)

**Continence in Newark**—Tina Bennett 01636 817936 / 07770828590

#### Rushcliffe

Health Centres: telephone 01949 872770 (Bingham), 0115 9892627 (Cotgrave), 0115 8837000 (Keyworth), 0115 8837300 (West Bridgford)

#### School Nurse Text Service—ChatHealth

Telephone 07507 329952

A confidential texting service for young people aged 11–19 in Nottinghamshire. The service will offer advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health, illnesses, as well as the chance to make appointments to see the school nurse. Messages are sent to a secure website and a Nottinghamshire school nurse will respond within one working day. Service available Mon–Fri 9am–4.30pm excluding bank holidays. Out of hours there will be an automated message with advice on where to get help if the question is urgent.



## Referral to a community paediatrician

Community paediatricians are child health doctors who usually work outside hospitals and mainly see children in local health centres, at the Children's Development/Therapy Centres and sometimes at special schools. They have experience in working with children with special needs and disabilities and can involve other specialists to help assess and treat your child if necessary. You need to be referred by a GP. If you are contacting your GP because of 'concerning behaviour'—for example if you or your child's school/nursery think your child could have ADHD or autistic spectrum disorder or mental health needs—your GP will need to following the Concerning Behaviours Pathway (p28) if you live in the county or the Nottingham City Pathway for children with behavioural, emotional or mental health needs (pages 27-28) if you live in the city.

If your child already has a paediatrician and you want to contact them you can use the numbers below:

### Nottingham City, Broxtowe, Gedling and Rushcliffe

*Clinic 7, Community Paediatric Hub, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Paediatric Hub 0115 8404848

Parents can leave messages eg. for repeat prescriptions or to ask if a doctor can contact them. Your family worker, SENCO etc. can leave details of meetings or requests for a discussion about your child. The Hub will have details of doctors' holidays or sick leave and will be able to redirect requests to another doctor if needed. If you are asking for a repeat prescription you need to give as much notice as possible—approximately 2 weeks is best. You can leave a message with details of your child's name, date of birth, medication name and dosage.

Paediatricians' main bases are at

*Bulwell Riverside Health Centre, Main Street, Bulwell, Nottingham NG6 8JQ*

Paediatricians based at Bulwell also hold clinics in Strelley, Aspley and Sherwood

*St. Anns Valley Centre, 2, Livingstone Road, St. Anns, Nottingham NG3 3GW*

Paediatricians based here also hold clinics in Clifton, Meadows and Sneinton

*Radford Health Centre, Ilkeston Road, Radford, Nottingham NG7 3GW*

Paediatricians based here also hold clinics in Wollaton and Old Basford

*Beeston Clinic, Dovecote House, 38 Wollaton Road, Beeston, Nottingham NG9 2NR*

Paediatricians based here also have clinics in Eastwood, Hucknall and Stapleford

*Park House Health and Social Care Centre, 61 Burton Road, Carlton, Nottm. NG4 3DQ*

Paediatricians here also hold clinics in Arnold

*West Bridgford Health Centre, 97 Musters Rd., West Bridgford, Nottingham NG2 7PX*

Paediatricians here also hold clinics in Keyworth

### Mansfield, Ashfield or Newark and Sherwood areas

*Community Paediatrics, Kings Mill Hospital, Mansfield Road, Sutton in Ashfield Nottinghamshire NG17 4JL*

Telephone 01623 622515 and ex 6465(for Ashfield) 6464(for

Newark) or 6441(for Mansfield)

Children can be seen at local health centres, rather than at Kings Mill. 0–19 years.

## Bassetlaw

*Community Paediatricians, Bassetlaw Hospital, Blyth Road, Kilton, Worksop S81 0BD*  
Telephone 01909 500990 and ask for the community paediatricians' secretaries.

## Hearing and Speech

All newborn babies in Nottinghamshire will have their hearing tested in hospital either before they leave or as an outpatient very soon after birth. There is information about this screening programme on the *NHS Choices* website [www.nhs.uk](http://www.nhs.uk) currently (March 2016) under *Health A–Z, Hearing test, Newborn hearing screening*. However, if you are worried about your child's hearing see your health visitor or GP: a hearing problem can affect a child's development so it is important it pick it up as soon as possible. You can self refer to the services below for an assessment:

### Children's Hearing Assessment Centre (CHAC)

*Ropewalk House, 113 The Ropewalk, Nottingham NG1 6HA*

Telephone 0115 948 5591 (children)

Email [ChacRopewalk@nuh.nhs.uk](mailto:ChacRopewalk@nuh.nhs.uk)

Website [www.nuh.nhs.uk/our-services/services/audiology/](http://www.nuh.nhs.uk/our-services/services/audiology/)

Covers Nottingham and Nottinghamshire. CHAC can fit and monitor hearing aids and refer on to other services following assessment as appropriate. Up to 16 years but may continue to 19 for young people with additional needs if still in education. There is also a young people's clinic in the adult audiology service. There are specialist clinics for tinnitus, auditory processing disorders, sensitivity to sound (hyperacusis) and for children with bone anchored hearing aids.

### Children's Audiology Service

*Kings's Mill Hospital, Mansfield Rd., Sutton-in-Ashfield, Nottinghamshire NG17 4JL*

Telephone 01623 622515 ex 3574

Hearing assessment from birth, including the newborn hearing screening, hearing aid provision for children of all ages through to transition to the adult audiology service. Clinics are held at Kings Mill and at Newark Hospital for young children and also in community settings eg. health centres for older children and young people. Parents concerned about hearing problems in a baby can contact direct, otherwise referral is through a health visitor, GP, paediatrician, school nurse, speech and language therapist, teacher of children with hearing impairments etc.

### Hearing Services Department

*Retford Hospital, North Road, Retford DN22 7XF*

Telephone 01777 863306

Your GP, health visitor or school can refer your child if you have concerns. After referral, children aged 8 months–3 and a half years will be seen at Bassetlaw Hospital, children aged 3 and a half years plus are seen at either Bassetlaw or Retford. Service also fits and monitors hearing aids.

**Hearing aids**—ask for these to be supplied with locks to prevent young children swallowing the batteries. Hearing aid batteries are very dangerous.

**Nottingham Auditory Implant Programme***Ropewalk House, 113 The Ropewalk, Nottingham NG1 5DU*

Telephone 0115 9485549

Minicom 0115 9485503

Mobile/text 07976190003

Spares and repairs 0115 9485538

Email [naip@nuh.nhs.uk](mailto:naip@nuh.nhs.uk)

A cochlear implant can be helpful for children and adults with severe to profound sensorineural hearing loss who gain little or no benefit from conventional hearing aids. The implant is made up of parts that are worn outside the body eg. microphone worn behind the ear and parts that are placed under the skin behind the ear (receiver–stimulator) and in the inner ear (electrodes) during an operation. Referrals are accepted from GPs, paediatricians, ENT specialists and audiologists. You can find out more about implants and who might be suitable for them at [www.nuh.nhs.uk](http://www.nuh.nhs.uk) (under Services, Auditory Implant) Covers whole city and county (and other areas). All ages including adults.

**Ear Foundation***Marjorie Sherman House, 83 Sherwin Road, Lenton, Nottingham NG7 2FB*

Telephone 0115 9421985

Email [info@earfoundation.org.uk](mailto:info@earfoundation.org.uk)Website [www.earfoundation.org.uk](http://www.earfoundation.org.uk)

Aims to bridge the gap between clinic based services where technology such as cochlear implants are fitted and home, school and workplaces where it is used in daily life. Information days for parents about assessment for auditory implants, surgical procedures, the technology and how it works. The Ear Foundation can provide overnight accommodation for families travelling some distance to Nottingham for clinical assessments. Contact for more details and booking. Programme of communication and play/social sessions for deaf babies, children with hearing loss and teenagers who have cochlear implants, hearing aids or bone anchored hearing systems. Dates on website. The Foundation also carries out research. Other services include online shop of resources and small equipment and an online forum for users of bone anchored hearing systems.

**Hear 2 Help (part of Ear Foundation)**

Telephone 0115 9421985

This service provides hearing aid maintenance, advice and support to NHS hearing aid users over the age of 18 via drop-in clinics, home visits and care home visits. Also provides training for carers. There is a list of the drop in clinics on the Ear Foundation website: these take place in Nottingham and in a wide area outside the city including Edwinstowe, Ruddington, Warsop etc.

**Speech and communication**

Your local Children's Centre (see Early Years and Childcare section of this directory) may have groups to encourage speech in young children. If you are concerned about speech development, speak to your health visitor, or for older children, your school nurse. You may also want to look at information about *ICan* (page 50) and the *Talking Point* website (see further on) and *Afasic* (page 117)

**Speech and Language Therapy Service (City and County excluding Bassetlaw)**

Telephone 0300 1233387 (Single point of access)

Email for referrals [not-tr.ICCYPHReferrals@nhs.net](mailto:not-tr.ICCYPHReferrals@nhs.net)

Provides speech and language therapy services to referred children who are registered with GP practices in Nottingham City and Nottinghamshire. Assesses, diagnoses, designs and delivers care to children and young people aged 0–19 who meet the service entry criteria with speech, language and communication difficulties to maximise their potential to communicate. The service ensures the safety, health and well being of those children with eating and drinking difficulties. Parents can self refer or an education or health worker can do the referral for you.

**Speech and Language Therapy (Bassetlaw)***Retford Hospital, North Road, Retford, DN22 7XF*

Telephone 01777 863366

Children are often referred by a GP or health visitor but families can self refer. Children are seen at Retford Hospital, Harworth and Manton Clinics and Village Surgery, Carlton in Lindrick. Children with complex needs are seen by the team at the Child Development Centre at Bassetlaw Hospital. Ages 0 up to 17 years old.

**Talking Point**Website [www.talkingpoint.org.uk/](http://www.talkingpoint.org.uk/)

Information about speech development at different ages and about speech and language assessments, progress checker, ideas to help develop talking. National website supported by the charity ICAN and by the Communication Trust.

**Sexual health**

Young people 14 years and over with learning disabilities can get advice on contraception at their annual health screening with their GP (see *Transition* section).

**C–card scheme**Website [www.ccardnottingham.co.uk](http://www.ccardnottingham.co.uk)

Information about contraception, the c–card scheme which gives young people aged 13–24 years free condoms, lubricants and advice about sex and relationships. The c–card scheme is available wherever the sign is displayed—pharmacies, colleges, youth clubs, health centres etc. The website has a map of c–card pick up points.

**Contraception Clinics**

Telephone 0115 8839000 (Victoria Health Centre)

Contact to book an appointment. You are strongly advised to book in advance but there are some sameday appointments for urgent issues.

**My Sexual Health (Central Nottinghamshire)**

Central booking line 01623 672260

Website [www.sfh-tr.nhs.uk/index.php/my-sexual-health](http://www.sfh-tr.nhs.uk/index.php/my-sexual-health)

This is an integrated service from April 2016 combining contraception and sexual health clinics and screening for sexually transmitted infections for young people and adults in Mansfield, Ashfield and Newark and Sherwood. Clinic locations and times (including teenage clinics) are listed on the website. It includes

**The Hub** (formerly Genitourinary Medicine)

*The Hub, Level 5, Pink Tower, Kings Mill Hospital, Mansfield Road, Sutton In Ashfield, Notts NG174JL*

And

**Sexions**

Telephone 01623 676142 ex4094 (Mansfield and Ashfield)

Mobile 07990585647/07990585642

Telephone 01636 681681 ex 5825 (Newark and Sherwood)

Mobile 07580749522/07580790017

Provides C-card services, pregnancy testing, chlamydia testing, advice and support for young people aged 13–19 years and up to 24 years if they have disabilities.

**Sexually Transmitted Infections Screening (City and South Nottinghamshire)**

*Genitourinary Medicine, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 9627744

Website [www.nuh.nhs.uk](http://www.nuh.nhs.uk) (under *Sexual Health* in the A–Z of services)

Telephone for appointments. Some screening where there are no symptoms can be done at Victoria Health Centre (see above)

**Diet, nutrition and weight issues**

Currently (March 2016) children in reception and year 6 have their height and weight measured as part of the *National Child Measurement Programme*. If you have a child in one of these years, you should receive a letter with more information. There is advice on healthy eating and exercise on the *Change4Life* website at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

The *British Dietetic Association* also have helpful factsheets at [www.bda.uk.com/food-facts/](http://www.bda.uk.com/food-facts/) You could also look at the sports clubs and activities for children with disabilities in the *Play, leisure and short breaks* section of this directory and, for young people, in the *Transition* section.

The following services work with children who need more support:

**Nutrition and Dietetics (Nottingham City)**

*Aspect House, Suite 6, 2nd floor, Aspect Business Park, Bennerley Road, Nottingham NG6 8WR*

Telephone 0115 8834327 or via 0345 604 7352

Email [nutrition@nottinghamcitycare.nhs.uk](mailto:nutrition@nottinghamcitycare.nhs.uk)

Covers allergies, obesity, special diets/help with feeding due to medical conditions including autistic spectrum disorders. All ages. Referral is via your GP or other health professional. This service also provides weaning and *Tiny Cooks* courses at city Children's Centres, as well as *Eatwell for Life* courses for anyone wanting to make positive changes to their diet and lifestyle. You can self refer to these courses and parents living outside the city may be able to attend.

Children with special needs who see a consultant at the Children's Development Centre, Nottingham City Hospital Campus may be seen by a dietitian there or at school.

Children with certain conditions eg. diabetes, coeliac disease will be seen by dietitians based at Queens' Medical Centre Campus (Nottingham University Hospitals) who work with the specialist nurses—see details further on in this section.

**Nutrition and Dietetics (Ashfield, Mansfield, Newark and Sherwood)**

*Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Nottinghamshire NG17 4JL*

Telephone 01623 676025

Children's service but may offer some support for young people moving into adult services if there is an ongoing dietary need. Referral needed from your GP. Can help children with autistic spectrum disorders. Clinics held at Kirkby and Newark as well as at Kings Mill.

**Nutrition and Dietetics (Bassetlaw)**

*Diabetes Centre, Bassetlaw Hospital, Worksop, Nottinghamshire S81 0BD*

Telephone 01909 502773

Covers special diets because of medical conditions (including autistic spectrum disorders), obesity, allergies, home enteral feeding, eating disorders. Milk free sessions for children with cow's milk allergy, group sessions for children with nut allergy etc. Referral is via your GP, health visitor or hospital consultant. The paediatric service covers children up to 18 and the adult service is also based here.

**Ketogenic Service**

Telephone 0115 9249924 ex 61629 (Jane Davison, Daisy Garland

Ketogenic Dietitian)

Children's dietetic service for children with intractable epilepsy who would like to try the ketogenic diet. Parents can contact for information, children will need to be referred by their consultant.

**Everyone Health**

Telephone 0333 005 0092

Email [changeointnotts@everyonehealth.co.uk](mailto:changeointnotts@everyonehealth.co.uk)

This is a free county-wide weight management service for children and adults who live, or are registered with a GP, in Nottinghamshire outside the city boundary. They should have a BMI over 30—NHS Choices has BMI calculator. The service provides 'Jump Avenue' in each district of the county for children 5–11 years which offers activities for children and nutritional advice for parents. There is also a one-to-one service offering individual work with children over 5 or who are very overweight or who have physical or learning disabilities and might find it difficult to participate in a group. Jump groups continue for 12 weeks and individual work for 26 weeks. You can self refer.

**Nottinghamshire County Football in the Community**

*Meadow Lane Stadium, Meadow Lane, Nottingham NG2 3HJ*

Telephone 0115 9055896 (Emma Trent)

Email [et@nottscountyfitc.org.uk](mailto:et@nottscountyfitc.org.uk)

Facebook [www.facebook.com/NottsCountyFITC/](http://www.facebook.com/NottsCountyFITC/)

Website [www.nottscountyfitc.org.uk/](http://www.nottscountyfitc.org.uk/)

**+Sport Move and Learn**

Programme for year 5 pupils in primary schools to promote nutrition education and physical activity. Free, schools can contact.

**Goals4Life**

For boys aged 10–18 with behavioural difficulties such as ADHD or mental health issues. Run via schools, interested schools can contact—there is no charge to schools or boys attending.

**Right Mind**

For women aged 18 and over with mental health issues. Free, self referral or referral via your health worker. Fun physical activity with short social time at the end. Runs weekly at Portland Centre, Meadows, Nottingham. Funded till mid 2016, may continue. Contact for more details.

The *Play and Leisure* section of this directory includes sports activities and multisport sessions to help your child become more active.

**Healthy Change**

Telephone 0345 6047352

Can support anyone aged 18 or over in the Nottingham City area wanting help with weight issues, as well as other lifestyle changes such as increasing exercise or stopping smoking. You can self refer.

**Health Improvement Coordinator**

*Aspect House, Aspect Business Park Bennerley Road Bulwell Nottingham NG6 8WR*

Telephone 0115 8834202 or 8834348

Children with a BMI at or above the 98th centile can be seen as long as there is a willingness on the part of the family to make changes. Referrals can come from the school health team, GP or other professional such as a dietitian or paediatrician or the family can self refer. The service covers children aged 5–16 who live in the city and have a city GP (it does not matter where the child goes to school). The coordinator will meet the family wherever suits them best eg. home, school, health centre and will make an initial assessment looking for swaps and changes that fit the particular family's culture and lifestyle. This will look at physical activity as well as nutrition. The school health team will then provide 3 more interventions over the next 3 months—families can discuss how this will work to suit them. Young people aged 12 and above can be referred to *Slimming World* and the Health Improvement Coordinator can provide a voucher for this.

**Your child's sight**

Children can have their eyes tested from birth. There is no charge for eye examinations for children under 16 or those under 19 and in full time education. They can also get a voucher towards the cost of glasses or contact lenses. It is recommended that all children have their eyes tested before they start school. Children may consider the way they see as 'normal' so may not complain about blurred vision etc. You can find opticians/optometrists on the *NHS Choices* website: [www.nhs.uk](http://www.nhs.uk)

Eye infections and minor eye injuries can be seen at the urgent care centre above.

**Eye Casualty**

*Eye, Ear, Nose and Throat Centre, A floor, Queen's Medical Centre, Derby Road, Nottingham NG7 2UH*

Telephone 0115 924 9924 ext 62882. Open 7am–10pm

Emergency service 0115 924 9924 ext. 63023 (10pm–7am)

**Paediatric eye clinics**

*Eye, Ear, Nose and Throat Centre on A-Floor at the Queen's Medical Centre, Derby Road, Nottingham*

Telephone 0115 924 9924 ext 61750

This service may see your child if there are concerns about possible squint, double vision or unusual eye conditions. They may also see a child under 7 with possible short/long sight etc. Older children can usually be tested by a local optometrist (ophthalmic optician). An optometrist will refer your child on if they have concerns

If you are worried about a possible eye condition speak to your GP, health visitor or school nurse who can make a referral if appropriate. For some conditions the service can work with older children and adults. There are no geographical limits but families further north may choose to use services at Kings Mill Hospital.

**Daytime wetting and bedwetting**

If you have difficulty with toilet training or bedwetting, contact your health visitor or, if your child is at school, the school nurse. Details about how to contact health visitors and school nurses are listed earlier in this section. Almost all children can be toilet trained: the continence services below can work together with you and your health visitor to achieve this. If your child still uses nappies/pads from age 4 onwards your health visitor/school nurse can arrange for a supply for you. You can get information and advice on continence issues, and buy mattress protectors, alarms etc. from *ERIC* (page 101). If your child is deaf you may be able to borrow a vibrating alarm to try from the *National Deaf Children's Society's Technology Test Drive* service (see page 185).

**Continence Advisory Service (City)**

*Sherwood Rise Health Centre 29 Nottingham Road Nottingham NG7 7AD*

Telephone 0115 8838900

The continence service provides specialised advice and support for children over 3 years who are registered with a GP who is part of the Nottingham City Clinical Commissioning Group (this should be almost all city GPs) and also for those aged 16 plus who live in the city or in the areas covered by Rushcliffe, Nottingham North and East and Nottingham West Clinical Commissioning Groups—these areas include Rushcliffe, Broxtowe borough, Gedling borough, and some areas of Ashfield eg. Hucknall and parts of Newark and Sherwood eg. Lowdham.

Children's continence clinics run at Boots Victoria Centre Health Clinic, Bulwell Riverside, Clifton Cornerstone, Mary Potter Health Centre (Hyson Green), Sneinton Health Centre and Strelley Heath Centre. Clinics also run at Oak Field and Rosehill special schools. Children aged 4 and over can get nappies/pads following an assessment by the health visiting team. If you receive nappies or continence pads you will be sent a call-back number with the delivery which explains where to phone for further supplies. However if you have any problems with deliveries or have lost the number to call for

more you can contact the *Home Delivery Coordinator* (8838900 option 2). If you need a change of size or a different product contact the person who originally assessed your child for continence needs (Health Visitor or School Nurse).

### Continence Advice (Bassetlaw)

Parents should speak to their GP, health visitor or school nurse for advice. The *Continence Team* (contact via the single point of access on 01777 274422) can provide specialist advice on continence to health visitors/school nurses working with a child with special needs. Children with learning disabilities/autistic spectrum disorders will probably receive advice from the *Children's Community Learning Disability Team* in Bassetlaw (see page 19)

### Clinical waste collections

Your local council can arrange free collections of infectious/hazardous medical waste—they provide yellow sacks for this. Boxes can also be provided for sharp (needle/syringes) collections. Some councils may ask you to return these to the chemist or the nurse who provides the needles. Collections in the county no longer include non-hazardous continence pads (ie. where your child does not have an infectious condition) which should be well wrapped and placed in the non-recyclable bin. When you phone to ask for the clinical waste collections the councils will complete a form to send to your doctor or nurse for their signature. Alternatively the council may send you the form to pass on to your nurse. In Mansfield you can download the form from [www.mansfield.gov.uk/Clinicalwaste](http://www.mansfield.gov.uk/Clinicalwaste) although you do not need to send a form for needles as these are always classed as hazardous. The councils will assess whether the waste is hazardous or non-hazardous. If you aren't eligible for a collection and have to use the non-recyclable bin and this means your bin becomes overfull, it may be possible to provide a second bin depending on your individual circumstances. Gedling can also provide extra recycling bins if your condition means you have extra cardboard to dispose of (eg. from dialysis). To arrange collections/discuss whether an extra bin can be provided ring your local council:

Ashfield	01623 457857 <a href="mailto:environment@ashfield-dc.gov.uk">environment@ashfield-dc.gov.uk</a>
Bassetlaw	01909 534501 or book a collection of sharps online via <a href="http://www.bassetlaw.gov.uk">www.bassetlaw.gov.uk</a>
Broxtowe	0115 9177777
Gedling	0115 9013621 <a href="mailto:waste@gedling.gov.uk">waste@gedling.gov.uk</a>
Mansfield	01623 463463 <a href="mailto:cleansingservices@mansfield.gov.uk">cleansingservices@mansfield.gov.uk</a>
Newark and Sherwood	01636 650000 <a href="mailto:customerservices@nsdc.info">customerservices@nsdc.info</a>
Nottingham City	0115 9152111
Rushcliffe	0115 9819911 <a href="mailto:customerservices@rushcliffe.gov.uk">customerservices@rushcliffe.gov.uk</a>

## Your child's dental care

It is important to take your child to the dentist at an early age. Treatment and checkups are free for children who are under 18 or are under 19 and in fulltime education when the treatment starts. Young adults over 19 may not have to pay if they receive certain benefits but Disability Living Allowance/Personal Independence Payment do not by themselves exempt the young person from paying. Current charges for NHS dental care can be found on [www.gov.uk](http://www.gov.uk) (search for *dental charges*).

You can find your local NHS dental practitioners via [www.nhs.uk](http://www.nhs.uk) If you are unable to

find a dentist who can accept your child as a patient contact the local NHS area team for Derbyshire and Nottinghamshire on 0300 300 1234 or for South Yorkshire and Bassetlaw on 01709 302000.

### Dental Nurse, Urgent Care Centre

*Seaton House, City Link, Nottingham NG2 4LA*

There is a dental nurse at the Centre who can provide free advice on dental problems 8.30am–6pm Mon–Fri and 8.30–12.30 Sat. There is also an NHS dental practice at Seaton House, although this service is chargeable unless you are entitled to free NHS treatment.

The services below offer advice and treatment for children with disabilities who have had or would have difficulties being treated at dental surgeries. These are not emergency services.

### Nottingham Salaried Dental Care Service (city and county)

*Park House Health & Social Care Centre, 61 Burton Road, Carlton, Notts NG4 2DQ*

Telephone 0115 9935540 (Mon–Fri 8.30am–4.30pm.  
Use 111 out of hours)

Fax 0115 8830544 (urgent referrals)

Website [www.nottinghamshirehealthcare.nhs.uk/salarieddentalservice](http://www.nottinghamshirehealthcare.nhs.uk/salarieddentalservice)

Referral via your dentist, GP, nurse or other health professional. Covers adults and children. Dental care referrals accepted for adults and children under 16 with learning disabilities, people with autistic spectrum disorder, severe medical problems, bleeding disorders, or severe physical disability, and also for extremely nervous children and very young children with extensive tooth decay. Patients are normally seen at a health centre near their home although in some cases you may choose to be seen at another health centre to avoid delay. This service covers the whole county and city.

### Oral Health Promotion

*Bases at Park House Health and Social Care Centre and Stapleford Care Centre*

Telephone 0115 9931485 (both bases)

This service covers whole county and the city. The 'City Smiles' and 'Incredible Mouths' programmes ensure families receive free oral health information and toothbrushing packs through their health care professionals—in the county this means midwives, health visitors and school nurses (March 2016) in the city this means health visitors. Each toothbrushing pack includes an information leaflet, toothbrush and toothpaste (in addition packs may include floss, tommee tippee beakers and a two minute timer). All children should attend the dentist every 6 months. Special schools that are signed up to the 'Healthy Mouths' programme will provide students with free oral health information and a toothbrushing pack.

### Exodontia Service

If it is difficult for your child to have an tooth extraction or fillings because of their medical/special needs or they are extremely nervous or an extensive amount of treatment is needed then your dentist could refer your child for possible treatment under general anaesthetic. If they do this, your child will have an assessment first by the Salaried Dental Service who will decide the best course of action. Extraction/treatment under general anaesthetic would take place at a hospital.

## Early support for children with more complex needs

### FaB ( Families and Babies Project )

A service for families with babies who have been born prematurely or with additional need. Provides support with bonding and attachment, diagnosis, emotional support, reducing isolation by registering families with their own local SureStart Children's Centre and signposting. The service may be extended to King's Mill Hospital in the future. Contact the *FaB Co-ordinator* at

QMC Neonatal 0115 9249924 ex 64120 or  
or City Neonatal 0115 9691169 ex 55214/15/16.

### Early Support Nurse

*Children's Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0300 1233387 (Single Point of Access)

Email not-tr.ICCYPHReferrals@nhs.net

A referral to the Early Support Nurse for a young child with complex needs usually comes from the child's lead paediatric consultant but other professionals (for example the health visitor) can also refer to the team. Referrals can be made from birth up to approx 3 years depending on the needs of the individual child and family). The Early Support Nurse provides emotional and/or practical support and regular contact with children and families, within the home or a clinical setting. The nurse will liaise with the different professionals involved in the child's care and assist in co-ordinating appointments and information sharing between these professionals. The nurse should be a single point of contact for families and professionals, especially at the initial diagnosis/stage of referral and may also act as a key worker for the family. The nurse will introduce and go through the 'early support folder' with families. This folder contains information about the Children's Development Centre (Nottingham) and gives parents/carers the option to write important information (that they would like professionals to be aware of) in this folder, and likewise for professionals to document when they have seen a child and the work they have completed with them. This ensures an on-going up to date record is kept of a child's progress, which then can be evaluated at anytime by the child's lead consultant.

## Specialist nursing services for children

### Children's Lead ADHD/ASD specialist Nurse (Nottingham City)

*Communication Hub, C/O Clinic 7, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 8404848 (Hub, leave message for Susan Doherty)

The ADHD/ASD Specialist Nurse works within Nottingham City community clinics, alongside the Community Paediatricians. The nurse undertakes mainly ADHD medication reviews, manages prescriptions, and offers advice, signposting and support to families to help them in managing the condition at home and school.

### ASD Nurse Specialist (Mansfield, Ashfield, Newark and Sherwood)

*Kings Mill Hospital, Mansfield Road, Sutton in Ashfield, Nottinghamshire NG17 4JL*

Telephone 01623 622515 ex 6451

The nurse provides care for children aged 0–19 with autistic spectrum disorders in the areas above. Referral is via a community paediatrician only.

### Bassetlaw Children's Community Learning Disability Nursing Team

*c/o Retford Hospital, North Road, Retford, Nottinghamshire DN22 7XF*

Telephone 01777 274422 (Single Point of Access)

Offers information and advice for families and other professionals about special needs/learning disability and help with behaviour management in areas such as sleep, toileting, challenging behaviour, play, social skills, daily life activities. For children aged 0–19 years with moderate/severe learning disability or with a diagnosis of autism living in families. Parents or any professional can refer. Children must be registered with a Bassetlaw GP, live or go to school in Bassetlaw.

### Bassetlaw Children's Community Nursing Team

*c/o Retford Hospital, North Road, Retford, Nottinghamshire DN22 7XF*

Telephone 01777 274422 (Single Point of Access)

Specialist nursing support to children and young people (0–19) who have long term nursing needs and their families within their home and the wider community. Teaching and advice for parents. Liaise with Occupational Therapy (page 25) for provision of necessary equipment and supplies. Parent or professional can refer.

Children must be registered with a Bassetlaw GP, live or go to school in Bassetlaw

### C.A.R.I.N. 4 Families Team

*Children's Development Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0300 1233387 (ICCYPH)

Email not-tr.ICCYPHReferrals@nhs.net

A team of family support workers and children's nurses, providing short and long term care to children with complex health and nursing care needs. They provide care in the home, other community settings and in hospital. To access the service you must be registered with a GP in Nottinghamshire or Nottingham City. Referral is via health visitor, hospital nurse, GP, paediatrician etc. The team also provide training to family members and friends who can act as carers.

### Community Children's Nurses

*Children's Development Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0300 1233387 (Single Point of Access)

Email not-tr.ICCYPHReferrals@nhs.net

Support children and young people with complex health needs or life limiting conditions who may have a nursing need e.g. a gastrostomy, nasogastric tube or tracheostomy or need follow up care after hospital admission. Work with children and their families in their own homes and other community settings. Provide specialist skills to increase quality of life including hands on nursing, support and teaching for parents and carers etc. Ages 0–19. Referral via paediatrician/hospital consultant.

### Chronic Fatigue Syndrome/ME Service

*Room S/B 2919 Children's Out Patients South Block, QMC Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 66282 Jacqui McIntyre, Clinical  
Co-ordinator/Specialist Occupational Therapist

Supports young people up to 19 years (in full time education) across Nottinghamshire except for Bassetlaw, with chronic fatigue, ME (myalgic encephalitis), chronic pain and medically unexplained presentations. Families can contact direct for advice and support but young people need to be referred by their GP, hospital doctor or community paediatrician for treatment programmes.

### Complementary Therapy Nurse Specialist

Ward E40, Nottingham Children's Hospital, QMC Campus, Derby Road, Nottingham NG7 2UH

Telephone 0115 9249924 ex 67701 Ginny McGivern  
Email [virginia.mcgivern@nuh.nhs.uk](mailto:virginia.mcgivern@nuh.nhs.uk)

Therapy sessions including aromatherapy, massage, relaxation techniques to help children relax and relieve symptoms. Baby massage instruction given. Children of all ages and with any conditions can be seen provided they are under a consultant at the Nottingham Children's Hospital. Hourly sessions, children must be accompanied.

### Children's Pain Team

Nottingham Children's Hospital, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH

Contact Michelle Bennett/Sharon Douglass, Clinical Nurse Specialists

We offer advice and support to children and young people with acute and complex pain. This is an inpatient service at the Nottingham Children's Hospital, but children in the community with complex or chronic pain can be referred by their G.P. or community paediatrician to Dr Paul Martin via the Clinical Nurse Specialists. If you feel the service would be helpful for your child speak to your doctor. If referred to the Children's Pain Team you would need to travel to the Children's Hospital at the QMC campus once an appointment has been made with you.

### Nurse Consultant and Specialist Nurses, Dermatology

Nottingham Children's Hospital, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH

Telephone 0115 9249924 ex 66247 (secretary to specialist nurses) or 68479 (consultants secretary)

Support for children with eczema or acne. Ages 0–18. Team of specialist nurses. Referral via your hospital consultant, community paediatrician, health visitor, school or practice nurse.

### Children's Diabetes Nurse Specialists

Nottingham Children's Hospital, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH

Telephone 0115 9249924 ex 62336 (secretary)  
ex 61731 (Vreni Verhoeven, Lead PDSN)  
ex 62208 (Remy Anthony, Rachel Keeton,  
Caroline Saddington)

Messages can be left on 0115 9346411.

Pager 07659 132445 for urgent advice only, 8am–6pm Mon–Fri.

Telephone 0115 9249924 urgent advice out of hours—ask for paediatric registrar on call

Service for children aged 0–18 with diabetes. All children with diabetes who are seen at QMC should be referred automatically. Parents can contact direct. There is a monthly diabetes clinic at Newark Hospital and the nurses can see Newark children.

### Children's Diabetes Specialist Nurses

Kings's Mill Hospital, Mansfield Rd., Sutton-in-Ashfield, Nottinghamshire NG17 4JL

Telephone 01623 622515 ex 6879 or

07764 897941 (Helen Marsh Lead Nurse)

All children with diabetes in the Mansfield/Ashfield/Newark area should be seen within 24 hours of diagnosis (or on the next weekday if diagnosed at the weekend and can then contact the nurses direct for advice. They offer support and education about diabetes for families, mainly through school or home visits and organise support group meetings. Ages 0–19. Professionals supporting children can also contact for advice.

### Clinical Nurse Specialist, Paediatric Epilepsies

Department of Paediatric Neurology, E Floor, East Block, Nottingham Children's Hospital, QMC Campus, Derby Road, Nottingham NG7 2UH

Telephone 0115 9249924 ex 63328 option 2

Email [ann.brown@nuh.nhs.uk](mailto:ann.brown@nuh.nhs.uk)

Children's Clinic 11, Kings's Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Nottinghamshire NG17 4JL

Telephone 01623 622515 ex 6178 (Epilepsy Nurse Specialist)

Website [www.cewt.org.uk](http://www.cewt.org.uk)

Information, advice and support to all families living with epilepsy. Ages 0–18 years. Designated nurse-led epilepsy clinics 4 times a week at QMC. Clinics also run at Kings Mill. Website includes downloadable resources and links to voluntary organisations.

### Gastroenterology Service for Children

Nottingham Children's Hospital NUH, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH

Telephone 0115 9249924 ex 65806 nurses

Telephone 0115 9249924 ex 62439 team secretary

Email [lucy.davies@nuh.nhs.uk](mailto:lucy.davies@nuh.nhs.uk) or [kate.hield@nuh.nhs.uk](mailto:kate.hield@nuh.nhs.uk)

Support to children and families under Dr C P Charlton and Dr S E Kirkham and the gastroenterology team. Cover conditions such as liver disorders, coeliac disease, chronic constipation, inflammatory bowel disease, Crohns disease, gastrointestinal problems and children with complex nutritional needs. Ages 0–19 years. Team includes dieticians who deal mainly with children with coeliac disease or parenteral feeding.

### Macmillan Paediatric Oncology Outreach Nurse Specialists

Nottingham Children's Hospital, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH

Telephone 0115 9249924 ex 65805 or 07812268205 (Samantha Ball)

07976190012 (Carly Yeates) 07812268090 (Alison Campbell)

Care, education and support to children or young people aged 0–18 years diagnosed with cancer and their families. The service is offered to all eligible local families but you can self refer. Expert knowledge and advice, home support, care coordination between hospi-

tal and home, discharge planning, information and support for schools, nurseries, colleges etc. Regional service, covers Nottinghamshire, Derbyshire.

### **Respiratory and Allergy Nurse Specialists (including Asthma, Cystic Fibrosis)**

*Nottingham Children's Hospital, Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 62286 (Amanda Ward, cystic fibrosis nurse), 62501 (Debra Forster, asthma nurse), 62986 (Janice Mighten, cystic fibrosis and other respiratory conditions)

Support and advice for all members of families of children with asthma, cystic fibrosis and other respiratory conditions up to the transition to adult services and for any others caring for the child. All children with cystic fibrosis in the Nottingham area should be referred to the multidisciplinary team which includes the nurses and doctors, physiotherapists, dieticians etc. Asthma nurse provides education including advice on treatment, inhaler technique, management of asthma, allergy avoidance. Support and advice to help children and their families cope with food allergy and anaphylaxis. Home visits/nursery and school visits as necessary.

### **Paediatric Respiratory Nurse Specialist**

*Clinic 11, Women and Children's Centre, King's Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Nottinghamshire NG17 4JL*

Telephone 01623 622515 ex 3905 (Berni Barlow)

Help with asthma management, allergy, use of epipens. Cystic fibrosis advice and support. Can liaise with school or nursery. Home visits. Training sessions. Ages 0–18.

Referral via a consultant but families within Mansfield/Ashfield/Newark area can ring for advice.

### **Children and Young People's Rheumatology Service**

*NUH, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 61983 Liz Stretton/Nikki Camina, Clinical Nurse Specialists

Email [nuhnt.ranch@nhs.net](mailto:nuhnt.ranch@nhs.net)

Education and support to families whose child experiences rheumatic diseases. Ages 0–19. Children need to be referred by their consultant.

### **Nottingham Sickle Cell and Thalassaemia Service**

*Mary Potter Centre, Gregory Boulevard, Nottingham NG7 5HY*

Telephone 0115 8838424

Provides a screening service for the detection of inherited haemoglobin disorders. Offers advice and support sessions to those affected. Also educates the public and health workers. Covers Nottingham city and Rushcliffe, Gedling and Broxtowe and is part of Nottingham University Hospitals NHS Trust. Children with sickle cell diseases are referred to the paediatric haematologist at Queens Medical Centre. Families can contact direct.

### **Paediatric Urology Nurses**

*Nottingham Children's Hospital, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 61408 (Ward E17) Christine Rhodes/  
Gill Young/Emma Gamble/Caroline Ward

Referral via hospital consultant or community paediatrician. Assessment and bladder retraining for day time wetting problems, catheterising/training, help with bedwetting, liaison and support for families and other people involved in the child's care e.g. schools. Ages 0–18, possibly older for young people with certain medical conditions.

## **The Children's Development/Therapy Centres**

If there are concerns about several aspects of your child's development you may be referred to one of these Children's Centres:

### **Child Development Centre, Bassetlaw**

*Bassetlaw Hospital, Blyth Road, Kilton, Worksop, Nottinghamshire S81 0BD*

Telephone 01909 502513 (use 500990 switchboard if contacting paediatricians)

Children with developmental problems are assessed by members of the multi-disciplinary team. With parental involvement, the team formulate an individual programme of care and support to meet the needs of the child. Specialist clinics (eg. neurology, genetics) and multi-disciplinary assessments. Behavioural and developmental clinics run by paediatricians, physiotherapy, occupational therapy and speech and language therapy. Adoption medicals. Referral via your GP or health visitor with GP permission, therapist or psychologist.

### **The Children's Development Centre (CDC)**

*City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 8831101 (reception)

Single Point of Access 0300 1233387

Email (SPA) [not-tr.ICCYPHReferrals@nhs.net](mailto:not-tr.ICCYPHReferrals@nhs.net)

Email [infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

Specialist treatment centre and base for the Integrated Children and Young People's Health Services covering the city and Nottinghamshire outside Bassetlaw. Children with disabilities or delayed development can be referred by their GP, health visitor or community paediatrician for assessment and diagnosis, information, support and care. Children can see different specialists and therapists in one place. Coordinated service to children with complex needs. Babies at risk of developmental problems may be referred by their neonatologist (hospital doctor who cares for newborn babies) and paediatric neurologists or other hospital doctors who work with children may also refer. The Centre is fully wheelchair accessible with parking close to the entrance if your child has walking difficulties. A number of specialist clinics run at the Centre, and the following two drop-in clinics which need no referral:

### **Downs Syndrome Children's Clinic**

First Wednesday morning in the month 9am–12noon. Drop in clinic for babies and children with Downs Syndrome and their families. Coffee, play facilities for children, advice available from doctors, specialist nurses, speech therapists and physiotherapists and the chance to meet other families and use the Information Service.



### Autistic Spectrum Drop In

Third Wednesday each month 10–12noon. A chance to meet other parents with children and young people with autistic spectrum disorders and to talk to a social worker, paediatrician and representative from Autism East Midlands. Creche facilities may be available but please check in advance. Speakers at some sessions—details of dates and speakers available from:

Information Service 0115 8831157/8

Other services based at the Children's Development Centre include the *Information Service* see *Information and Advice Services* section of this directory, the nursing and therapy services mentioned in this section and the Short Breaks Service see *Play, Leisure and Short Breaks* section of this directory.

### The Children's Therapy Centre

Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Nottinghamshire NG17 4JL  
Telephone 01623 785019

### Child Development Team

14-22 Portland Street, Newark, Nottinghamshire NG24 4XG  
Telephone via King's Mill 01623 785019

The Children's Therapy Centre/Child Development Team provide assessment and ongoing treatment of children with disabilities or delayed development. Children can see different specialists/therapists in one place including paediatricians, speech therapists, orthotists, physiotherapists and occupational therapists. Children are referred through their consultant.

The Therapy Centre is fully wheelchair accessible and there is parking near the entrances if your child has walking difficulties. There are specialist clinics there for children with cystic fibrosis and Down's Syndrome and for orthotics. There are also clinics with the orthopaedic consultant. Children at Fountaindale or Yeoman Park Schools will have their therapy at school as far as possible.

### Shelf Help

Nottingham City Libraries

Website [reading-well.org.uk/shelfhelp](http://reading-well.org.uk/shelfhelp)

A collection of books aimed at 13–18 year olds, free to borrow, recommended by young people and health professionals. The books include some fiction and graphic novels and give advice on issues such as ADHD, stress, OCD, bullying, autism and more.

## Keyworking

### Family Action Keyworker Service

Telephone 01623 420692 (Beata Przebinda)

Email [Beata.Przebinda@nottshc.nhs.uk](mailto:Beata.Przebinda@nottshc.nhs.uk)

This is part of Nottingham County and Nottingham City Integrated Community Children's and Young People's Healthcare Service.

Family Action's Keyworker Service provides emotional, practical and personal health budget support to children aged 0–19 with complex health needs and their families. This is achieved through a team of dedicated volunteers, keyworkers and a Children's Choice worker. The vision of this service is "to enable children and young people with acute and additional health needs, including disability and complex needs to have their health needs

met wherever they are. The service will support the child's life choices rather than resist them and improve the quality of life for children and their families and carers." Referrals into the service from healthcare professionals where a referral criterion is met.

## Community children's physiotherapy

Paediatric physiotherapy is for children with conditions (eg. disease or disability) that affect their movement and respiration. Physiotherapy helps your child to reach their physical and functional potential. Your physiotherapist will offer advice on exercise, posture and equipment. The service is offered to children and young people age 0–19 years. Referral via your paediatrician.

Paediatric physiotherapists for the **city and county outside Bassetlaw** are based at *Children's Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB* and

*The Children's Therapy Centre, Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Notts NG17 4JL*

Single Point of Access 0300 1233387

Email (SPA) [not-tr.ICCYPHReferrals@nhs.net](mailto:not-tr.ICCYPHReferrals@nhs.net)

Children's physiotherapists for **Bassetlaw** are based at

*Child Development Centre, Bassetlaw Hospital, Kilton, Worksop Notts. S81 0BD*

Telephone 01909 500990 ex 2513

Covers services for children in hospital and community services for children outside hospital. Therapists can make home visits or see the child in school/preschool or at the hospital. Assessments for equipment, specialist advice and training for daily living activities.

Referral via a GP or hospital consultant.

## Community children's occupational therapy

For children aged 0–19 with neurological, neuromuscular or genetic conditions, developmental coordination disorder, learning disabilities etc. Children can be seen at the centres, at school or at home following referral by a paediatrician or consultant. In Bassetlaw only, other health professionals can also make a referral.

Children's occupational therapy provides assessment and intervention packages dependent on needs, management advice for parents and carers along with assessment for equipment. Liaison with social care and education is also integral to the service.

Children's occupational therapists for the **city and county outside Bassetlaw** are based at *The Children's Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB* and

*Children's Therapy Centre, Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Notts. NG17 4JL*

Single Point of Access 0300 1233387

Email (SPA) [not-tr.ICCYPHReferrals@nhs.net](mailto:not-tr.ICCYPHReferrals@nhs.net)

Children's occupational therapists for **Bassetlaw** are based

*c/o Retford Hospital, North Road, Retford DN22 7XF*

Telephone 01777 274422 (Single Point of Access)

## Foot (Podiatry) Services

### Community Podiatry—County outside Bassetlaw and (from Sept 2016)

#### Nottingham City

*Single Point of Access, Mansfield Community Hospital, Stockwell Gate, Mansfield, Nottinghamshire NG18 5QJ*

Telephone 01623 785208

Your GP can refer you for community podiatry or biomechanics (gait problems). All referrals should be sent here. The service covers all ages from babies to adults and children and young people will be seen at a health centre near to where they live. From September 2016 this will include city health centres.

### Community Podiatry Nottingham City (until September 2016 only)

*Aspect House, Suite 6, 2nd floor, Aspect Business Park, Bennerley Road, Nottingham NG6 8WR*

Telephone 0300 300 3333 (Podiatry Hub until Sept 2016)

Referral via your GP or health professional. Children of any age and adults. Children can be seen for community podiatry at any city health centre (see list at the end of this section) except Victoria Health Centre and for biomechanics at Mary Potter Health Centre, Clifton Cornerstone or Bulwell Riverside.

### Podiatry Services (Bassetlaw)

*Department of Foot Health, Retford Hospital, North Road, Retford, Notts. DN22 7XF*

Telephone 01777 274422 (Single Point of Access)

Includes both podiatry treatment (skin problems, ingrowing toenails etc.) and biomechanics (where children with gait problems might need insoles etc.) Referral via your GP, school nurse, health visitor, physiotherapist etc. (Bassetlaw only). Any age.

## Skin camouflage

Provided in Nottinghamshire at Nottingham City Hospital and at Queen's Medical Centre campuses by *Changing Faces*. At present (March 2016) your health professional eg. GP must make a referral via Changing Faces. This can be done online. Children under 5 cannot be referred. Changing Faces are a charity for people and families whose lives are affected by conditions, marks or scars that alter their appearance. For more details about their services for children and parents see the *Parent forums, parent groups and voluntary services* section of this directory.

### Changing Faces

Telephone 0300 0120 276

Email [skincam@changingfaces.org.uk](mailto:skincam@changingfaces.org.uk)

Website [www.changingfaces.org.uk](http://www.changingfaces.org.uk)

## Advice on genetics and inherited conditions

If your child has a medical condition which may be inherited, you may have questions about how it happened, whether it could happen again within your family, whether any tests are available and whether you should have them etc. Your doctor will usually be happy to refer you to the Clinical Genetics Service.

### Clinical Genetics Service

*The Gables, Gate 3, City Hospital Campus, Hucknall, Nottingham NG5 1PB*

Telephone 0115 9627728

Minicom 0115 9627749

Website [www.nuh.nhs.uk/our-services/all-services/genetics/patient-information/](http://www.nuh.nhs.uk/our-services/all-services/genetics/patient-information/)

Diagnosis, information and counselling service for families/individuals with concerns about inherited diseases. All ages. This is a regional service covering the whole of Nottinghamshire and Lincolnshire, with outreach clinics in Newark, Mansfield, Grantham, Boston, Ripley and Derby. However some families may be referred to the following service because of where they live:

### Sheffield Clinical Genetics Service

*Outpatients 2 Dept, Northern General Hospital, Herries Road, Sheffield S5 7AU*

Telephone 0114 2717025

Area covered includes north Nottinghamshire.

## Concerns about emotional and behavioural problems

### MindEd

Website [www.minded.org.uk](http://www.minded.org.uk)

Free educational website for adults on children and young people's mental health.

### Young Minds

See page 114 in the *Parent forums, parent groups* section of this directory.

### Relate

Free live chat is available from Relate [www.relate.org.uk](http://www.relate.org.uk) on issues such as parenting teenagers, concerns about how divorce is affecting your family etc.

### Child Health Collection

*Knowledge & Library Service, level 1, Centre of Education & Training, King's Mill Hospital, Sutton in Ashfield, Notts NG17 4JL*

Telephone 01623 622515 ext 4009

Email [AskLibrarian@sfn-tr.nhs.uk](mailto:AskLibrarian@sfn-tr.nhs.uk)

Website (no www) [sherwoodforest.nhslibraries.com](http://sherwoodforest.nhslibraries.com) (enter 'Child Health Collection' in search box)

A range of resources on eating disorders, epilepsy, autism, OCD etc. which can be borrowed by parents and carers of children.

### Nottingham City Pathway for Children and Young People with Behavioural, Emotional or Mental Health Needs

*Children and Young People's Behavioural and Emotional Health Team, Newbrook House Room 26, 385 Alfreton Road, Nottingham NG7 5LR*

Telephone 0115 8834760 (9.30am–12.30pm weekdays except Weds 12.30–3.30pm)

Website for referrals [www.BEMHNottingham.co.uk](http://www.BEMHNottingham.co.uk)

Helpline for referrals 0300 300 3333 option 5

The pathway is for children and young people who

- Present with concerns about their behaviour, emotional wellbeing or mental health
- Present with concerns about possible Autistic Spectrum Disorder or ADHD
- Are registered with a Nottingham City GP
- Are aged 0–18 (or up to 24 where a young person has an Education, Health and Care Plan)

Parents, carers and children or young people can call directly to ask for help and support. The team which answers the phone will take your details and ask a few questions. They will then pass this information to a multi-agency team which will review it and decide which service would be best to offer you support. The multi-agency team will then contact you to arrange the next steps. Referrals can be taken from GPs or other workers.

If appropriate the team will offer parenting programmes eg.123 magic, Cygnet, New Forest, a Sleep programme if children have neurodevelopmental concerns and one-to-one work with children over the age of 12 diagnosed with ADHD or ASD using evidence-based strategies. Some children and young people will be supported to access further or specialist medical assessment and will receive support following a medical diagnosis.

### Concerning Behaviours Pathway (County)

Website [www.nottinghamshire.gov.uk/  
concerningbehaviourspathway](http://www.nottinghamshire.gov.uk/concerningbehaviourspathway)

This pathway aims to bring health, social care, education and voluntary services together to ensure that the reasons for a child or young person's concerning behaviour are fully explored and that support is put in place. There is information to download for families, schools, health professionals and GPs on the webpage and a Youtube video to explain how the pathway works . if you have no internet access call/text the Information Service at the Children's Development Centre on:

0115 8831157, 0115 8831158 (text 07500 102796) [infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

The pathway is for all children and young people registered with a GP in the county outside the city boundary who have behaviours that are causing concern to them and their family. The pathway can be **started by your GP** or another professional working with your child and this should be done with your consent. The GP should check your child's hearing and vision and look for any serious medical issues that might need urgent specialist medical assessment. They will then contact your school nurse or health visitor who will identify a keyworker to work with you and your child to develop a support plan. This should be reviewed regularly. If concerns continue despite support, your keyworker should share the information gathered with your GP who will review it and make the necessary referrals. Support should continue while this is happening.

### Child and Adolescent Mental Health Services (CAMHS)

Assessment and a range of treatments for children with mental health difficulties aged 0–18 years. These services include the former 'tier 2' Emotional Health and Wellbeing services as well as the former 'tier 3' community CAMHS services.

You cannot self-refer your child to CAMHS at present (April 2016). Your school nurse, teacher, GP, nurse, social worker, SENCO etc. can refer you via the Single Point of Access below. Referrals are screened as they come in for any risks that require urgent assessment so it is helpful to include all important information and highlight any urgent concerns.

### CAMHS SPA—Single Point of Access (County)

*Single Point of Access, CAMHS, Thorneywood Unit, Porchester Road, Mapperley, Nottingham NG3 6LF*

Telephone 0115 8542299

Email [not-tr.CAMHSReferrals@nhs.net](mailto:not-tr.CAMHSReferrals@nhs.net)

### City CAMHS Single Point of Access

*Glenbrook Management Centre, Wigman Road, Bilborough, Nottingham NG8 4PD*

Telephone 01158764000

The SPA will screen and allocate all incoming referrals to the appropriate CAMHS team.

### CAMHS local bases

Once a referral has been accepted you should be given contact details for the service working with your child. The local bases are given below but **all initial referrals need to go through the SPA** above.

#### CAMHS (Ashfield area)

*Ashfield Health and Wellbeing Centre, Portland Road, Kirkby in Ashfield Nottinghamshire NG17 7AE*

Telephone 01623 785373

#### CAMHS (Bassetlaw area)

*Langold Clinic, Doncaster Road, Langold S81 9QL*

Telephone 0115 8542245

#### CAMHS (Broxtowe)

*Stapleford Care Centre, Church Street, Stapleford, Nottinghamshire NG9 8DB*

Telephone 0115 8835157

#### CAMHS (Gedling)

*The Thorneywood Unit, Porchester Road, Nottingham NG3 6LF*

Telephone 0115 8440500

Workers based here can see Gedling children in schools and other community settings.

#### CAMHS (Mansfield area)

*The Manor Academy, Park Hall Road, Mansfield Woodhouse, Notts. NG19 8QA*

Telephone 01623 425110

#### CAMHS (Newark and Sherwood)

*65 Northgate, Newark, Nottinghamshire NG24 1HD*

Telephone 0115 8542217

#### CAMHS (Rushcliffe)

*Keyworth Primary Care Centre, Bunny Lane, Keyworth, Nottinghamshire NG12 5JU*

Telephone 0115 8837029

#### CAMHS Children Looked After and Adoption Team

*1st Floor, 200 Lichfield Lane, Mansfield, Nottinghamshire NG18 4RG (north)*

*The Thorneywood Unit, Porchester Road, Nottingham NG3 6LF (south)*

Telephone 0115 9560843

Provide assessments, consultation and therapeutic care to children who are being 'looked after' by Children's Services. Children may be in foster care, residential care, living independently or have been/are being adopted. Ages 0–18. Works closely with the Children Looked After Health Team.

**CAMHS Crisis Resolution Home Treatment Team**

*Single Point of Access, CAMHS, Thorneywood Unit, Porchester Road, Mapperley, Nottingham NG3 6LF*

Telephone 0115 8542299

Email [not-tr.CAMHSReferrals@nhs.net](mailto:not-tr.CAMHSReferrals@nhs.net)

A service for young people under 18 years of age who are experiencing a mental health crisis. This includes young people who

- are at risk of immediate and significant self-harm
- are an immediate and significant risk to others due to their mental health
- are being considered for admission to a mental health inpatient unit
- are in **acute** psychological or emotional distress that is causing them to not be able to go about their daily activities, such as going to school and looking after themselves

**Acute** means something that happens suddenly and needs urgent assessment

Intensive home treatment is available for young people at risk of admission to a psychiatric in-patient unit. These young people could have acute psychiatric or psychological symptoms or have worsening mental health and be at high risk of experiencing an acute psychiatric crisis. The service also helps to plan for young people who are ready to come home from a psychiatric hospital. Provides assessment within 4 hours of an urgent community referral, if the referral is made between 8am–6pm on weekdays, or between 10am–2pm at weekends. Outside of these hours, we will contact the young person and family and arrange an assessment for the following day. We will put a safety plan in place for the young person until the assessment.

The service also helps to provide out of hours care for young people who are already working with specialist CAMHS teams. When a young person no longer needs to be seen by the crisis team, a discharge plan will be made with them and their family as early as possible. This is to make sure they can have a positive move to another service.

**CAMHS Developmental Neuropsychiatry and Tourette's Clinic**

*Department of Child and Adolescent Psychiatry, South Block E Floor, Queen's Medical Centre, Nottingham, Nottinghamshire NG7 2UH*

Telephone 0115 823 0256 (Mon–Fri 9am–5pm)

Helps children and young people (0–18) with ways to manage conditions such as Tourette Syndrome and ADHD (attention deficit hyperactivity disorder) and autistic spectrum disorders. The clinic has a strong commitment to researching and teaching in this area and works closely with the Nottingham Institute of Mental Health, Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan (CANDAL). Referral by letter to Professor Chris Hollis from your GP, community paediatrician or Child and Adolescent Mental Health Services.

**CAMHS Eating Disorder Team**

*Thorneywood, Child and Adolescent Mental Health Services, Porchester Road, Nottingham NG3 6LF*

Telephone 0115 8440524 (Mon–Fri 9m–5pm)

The team provides assessment and treatment for children and young people up to 18 years with a significant eating disorder. Helps young people to achieve a full recovery (physical, behavioural, emotional, social etc.) from their eating disorder. This includes its effect on their lives and on their families and carers. The main base is at Thorneywood but clinics also run in Mansfield at 3-5 Lindsay Close NG18 5TF, and in Newark and

Langold. Parking and disabled access are available at all sites. Children must be referred by GP, school nurse or other health professional. This can be either through the CAMHS Single Point of Access at Thorneywood or direct on the phone number for the team.

**Head 2 Head Team**

*First Floor, 200 Lichfield Lane, Mansfield, Nottinghamshire NG18 4RG*

*The Lodge, Thorneywood CAMHS, Porchester Road, Nottingham, Notts NG3 6LF*

Telephone 0115 956 0842 (Mon–Fri 9am–5pm)

Email [CAMHS.H2HTeam@nottshc.nhs.uk](mailto:CAMHS.H2HTeam@nottshc.nhs.uk)

Head 2 Head work with children and young people up to 18 years who have emotional and mental health issues and are involved with the criminal justice system and/or use/misuse substances (dual diagnoses). The service provides mental health assessment and intervention including detoxification for young people who misuse substances. They also offer intervention for young people (and their families) who are significantly affected by another's substance misuse. Mental health assessment and intervention is offered for young people who sexually harm others. Head 2 Head also work with young people who are experiencing symptoms of psychosis.

Appointments take place in the community, usually at the young person's home. Self referrals are accepted.

**CAMHS Intellectual Disability Team**

*Ashfield Health and Wellbeing Centre, Portland Street, Kirkby in Ashfield, Nottinghamshire NG17 7AE*

Telephone 01623 785373

(Referral is via CAMHS single point of access.)

A community based service for children with complex needs who display challenging behaviour. The team works with families to enable them to manage and cope with the behaviour more effectively. Ages 0–19.

**Clinical Psychology and Neuropsychology**

*Room W/D 1197C, D Floor, West Block, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 66165

Website [www.nuh.nhs.uk/our-services/services/psychology](http://www.nuh.nhs.uk/our-services/services/psychology)

This service provides clinical psychology and neuropsychology to patients under the care of Nottingham University Hospitals NHS Trust. A child neuropsychologist can find out how an illness or brain damage e.g. from a car accident has affected your child in his/her daily life and education. They will work out how children can use their strengths and how parents and teachers can help. A child psychologist can help children cope with fears e.g. about injections and treatment, or cope with having a serious illness. Your hospital consultant needs to refer you to this service. Covers children and young people up to 18 years.

**CAMHS Adolescent Unit**

*Thorneywood Campus, Porchester Road, Nottingham NG3 6LF*

Telephone 0115 8440529

A 13-bedded inpatient unit for young people aged 12–18 experiencing mental health problems which provides assessment and treatment including group and individual work

and family therapy. Provided by Nottinghamshire Healthcare NHS Trust for the whole of Nottinghamshire county including Nottingham city.

A new **Children's Inpatient Centre** is planned on the former Cedars site on Mansfield Road with 24 beds for children and young people and with a regional 8 bed psychiatric intensive care unit. Completion is expected in January 2018. News about this is available on the Nottinghamshire Healthcare website at [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

### Crocus Fields Outreach

Telephone 0115 9153881

Email [crocusfieldsoutreach@nottinghamcity.gov.uk](mailto:crocusfieldsoutreach@nottinghamcity.gov.uk)

Short interventions to help disabled children and young adults aged 0–19 with independence skills (e.g. public transport, personal care, bedtime difficulties, general behaviour, play skills.) Referral via the city Disabled Children's Team or a CAF lead professional.

## Other counselling services

### Let's Talk Wellbeing

*Duncan Macmillan House, Porchester Road, Nottingham NG3 6AA*

Telephone 0115 9560888

Email [letstalknottingham@nottshc.nhs.uk](mailto:letstalknottingham@nottshc.nhs.uk)

A free NHS psychological service offering assessment and treatment for people aged 18 and over (referrals taken from 17 years 9 months) in Nottingham and Nottinghamshire who experience mental health problems such as depression, anxiety and stress. It provides a range of face to face talking therapies, groups and computerized self help materials. You can refer yourself by calling the number above or by completing the form in the *Let's Talk-Wellbeing* leaflet which should be available from your GP surgery or by completing the form online from the website above. The service will then assess you to see if *Let's Talk* is suitable for your needs and will discuss and agree options with you. You can be seen at various locations around the county, outside the Bassetlaw area.

### Talking Therapies Network

Telephone 01509 632400

Volunteer, qualified counsellors offer free counselling for parents or guardians of a visually impaired child or young person and for adults with sight loss. Self referral. Sessions over 6-12 weeks. Provided by Action for Blind People, funded till at least end of 2016.

### Base 51

*29-31 Castle Gate, Nottingham NG1 7AR*

Telephone 0115 9525040

Email [info@base51.org.uk](mailto:info@base51.org.uk)

Website [www.base51.org.uk](http://www.base51.org.uk)

Provides confidential support and services for young people aged 12–25 in Nottingham and Nottinghamshire. Services include: free counselling, learning support service, contraception, sexual health service and 'C-Card' (free condoms) scheme for 13–19 year olds. Advice on drugs and alcohol abuse and on mental health Support for rough sleepers and for young parents. Practical services include showers, laundry, food parcels.

### CASY

*16 London Road, Newark NG24 1TW*

Telephone 01636 704620

Email [office@casy.org.uk](mailto:office@casy.org.uk)

Facebook [facebook.com/CASYcounselling](https://facebook.com/CASYcounselling)

Twitter @CASY\_charity

Website [www.casy.org.uk](http://www.casy.org.uk)

Registered charity provides confidential counselling for young people aged 6–25 years in Nottinghamshire and Lincolnshire both within schools and in a variety of other settings depending on where the young person feels safe. Counsellors can help young people facing bereavement, family break-up, family illness, exclusion from school etc. Counselling for young people with autism, anxiety, depression, OCD etc. Young people or their parents can self refer. Free to young people up to 25 years. Charges for counselling and training courses for parents/carers and those working with children and young people. Training for teaching staff (schools need to pay for this) and placements for trainee counsellors are also available.

### Explore Family

*28 New Brook House, 385 Alfreton Road, Nottingham NG7 5LR*

Telephone 0115 978 7161

Text 07873339519

Website [www.explorefamily.org.uk](http://www.explorefamily.org.uk)

Support for families and individuals in Nottingham city who have been affected by someone else's drug or alcohol misuse. Work with children and young people, carers, partners on one to one basis or in groups and in family settings. Aims to reduce the negative impact of drug/alcohol abuse on families.

### Place2Be

Telephone 0207 923 5500

Email [enquiries@place2be.org.uk](mailto:enquiries@place2be.org.uk)

Website [www.place2be.org.uk](http://www.place2be.org.uk)

Place2Be offers emotional support and counselling for children in schools. Trained and qualified volunteer counsellors work with children to help them cope with complex issues. The services offered vary from school to school but may include one to one counselling for children, group work with children focusing on specific issues, such as friendship, bullying, bereavement, domestic violence, family breakdown, trauma etc., lunchtime sessions to which children can refer themselves, and support for parents to help them develop skills and better understand their child's behaviour. Consultations may be available for school staff to develop practical approaches to support children. Currently (March 2016) the service is available at the schools below. You can contact on the number above to see if this list has changed.

- Ambleside Primary School
- Jubilee Primary School
- Mellers Primary School & Foundation Unit
- Rosslyn Park Primary & Nursery School

### WAM (What About Me?)

*Coal Authority, 200 Lichfield Lane, Mansfield, Nottinghamshire NG18 4RG*

Telephone 01623 434644  
 Email [wam.team@nottshc.nhs.uk](mailto:wam.team@nottshc.nhs.uk)  
 Text 07970724165  
 Website [www.wamnotts.co.uk](http://www.wamnotts.co.uk)

Support for children 19 or under affected by someone else's substance (drug/alcohol) use.  
 Confidential. Anyone can refer. Face to face sessions. Covers all of Nottinghamshire.

## Help if your child is visiting Queen's Medical Centre

### Family Care Accommodation Assistant

*Children's Services, E Floor, Office SE/2105 South Block, QMC, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 66522 or 69041

Family Care is for families where the children are receiving care, either as an inpatient or outpatient, at the children's hospital Queen's Medical Centre. Their role is to support the family during their hospital stay and to provide information and advice e.g. on family accommodation, car parking, getting help with benefits and travel expenses where applicable. Families coming to the hospital can ring before the appointment or stay if they have queries.

## Spiritual and pastoral services at hospitals

These services offer support to families in difficult times after the birth of a baby with disabilities or after bereavement, for people of all faiths and no faith. May be available 'on call' out of normal working hours—ring the main hospital number and ask for the chaplain. Prayer rooms and chapels will be available for you to use whatever your beliefs.

### Multi-Faith Chaplaincy Team

*Nottingham University Hospitals, D Floor East Block, Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH (Office and multi-faith centre)*

Telephone 0115 9249924 ex 63799 (QMC)  
 Email [contactachaplain@nuh.nhs.uk](mailto:contactachaplain@nuh.nhs.uk)

### Faith Service

*Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Nottinghamshire NG17 4JL*

Telephone 01623 622515 ex 3047, 4137 or 6201

The Faith Centre is at the end of the main entrance atrium.

### Chaplaincy Services

*Bassetlaw Hospital, Kilton Hill, Worksop S81 0BD*

Telephone 01909 502846

## Private health services

It is important to **check that a private practitioner is properly qualified**. The Health and Care Professions Council currently (March 2016) regulates the following professions: arts therapists, biomedical scientists, chiropodists/podiatrists, clinical scientists, dietitians, hearing aid dispensers, occupational therapists, operating department practitioners, orthoptists, paramedics, physiotherapists, practitioner psychologists, prosthetists/orthotists, radiographers, social workers in England and speech and language therapists. They

keep a register you can check online or by phone to ensure the private practitioner meets certain standards of proficiency, ethics and behaviour and continuing professional development. The practitioner should also have had a Disclosure and Barring Service check.

### Health and Care Professions Council

Telephone 0300 500 4472

Website [www.hpc-uk.org](http://www.hpc-uk.org)

### East Midlands Speech Therapy Specialists Ltd

*Grovesnor House, 216-218 Melton Road, Edwalton, Nottingham NG12 4BS*

Telephone 0115 7840268

Website [www.emsts.co.uk](http://www.emsts.co.uk)

Private specialist speech therapy services including speech delays, specific language impairment, autism, cerebral palsy. Children can be seen at home, school, nursery etc. or at Grovesnor House. Developing Makaton for babies courses.

### Physio4children

*C/o Loughborough Physiotherapy and Sports Injuries Clinic, 51 Forest Road,*

*Loughborough Leicestershire LE11 3NW*

Telephone 07870294677 (Paula Stephen)

Email [info@physio4children.com](mailto:info@physio4children.com)

Website [www.physio4children.com](http://www.physio4children.com)

Children can be seen at Loughborough Clinic and at home, school or nursery.

**Portland College** (page 212) also offers private physiotherapy services to the public

## Who can consent for medical treatment for a child?

In principle a person must give their permission before they receive any type of medical treatment. Consent could be written eg. signing a consent form for an operation or verbal eg. saying they agree to having an X-ray. Young people aged 16 or over are entitled to consent to their own treatment. Children under the age of 16 can consent to their own treatment if it is thought that they have enough intelligence, competence and understanding to fully appreciate what is involved in their treatment. Otherwise, someone with parental responsibility (see below) can consent for them. If a parent refuses consent to treatment this can be overruled by the courts if it is in the best interests of the child. For consent to be valid, it must be voluntary (ie. the young person has not been pressured into consenting) and informed (the young person must have been given information about what the treatment involves including benefits and risks, whether there is an alternative and what might happen if the treatment is not given.). Also, the person consenting must have the capacity to make the decision. This means they must be able to understand the information given to them and be able to use it to make an informed decision. Information should be given in an appropriate way—for example someone with learning disabilities may be able to give consent if the treatment is explained in a simple way. If emergency treatment is carried out while a person is unable to give consent (for example, because they are unconscious), the reasons why treatment was necessary should be fully explained later. In an emergency, where treatment is vital, and waiting to obtain parental consent would place the child at risk, treatment can proceed without consent. There is more information about consent on the *NHS Choices* website [www.nhs.uk](http://www.nhs.uk) and in the *Transition* section of this directory.

## Who has parental responsibility?

In England and Wales, if the parents of a child are married at the time of the birth, or if they have jointly adopted a child, they both have parental responsibility. Neither parent loses parental responsibility if they divorce. A mother always has parental responsibility (she only loses it if the child is adopted) and the father will gain it if he subsequently marries the mother. An unmarried father will have parental responsibility if the child was born after 1st December 2003 and he is on the birth certificate. Where the child was born before then and the unmarried father is named on the birth certificate both parents can sign a parental responsibility agreement. You can download a form to do this at [www.gov.uk](http://www.gov.uk) (search for *Parental Responsibility*). You will need to take the form to your local court for signing and witnessing. If the father is not on the certificate but the mother is happy for him to have parental responsibility the couple can jointly reregister the birth to include the father's name. The father will then have parental responsibility. A father can apply to the courts for a parental responsibility order if the mother does not consent. Parental responsibility is not automatically granted to people who are not the parents even if they care for the child on a day to day basis. A person who is not the child's parent (eg. a grandparent) may obtain parental responsibility

- by being appointed as a guardian to care for the child if those with Parental Responsibility for the child have died;
- by obtaining a Child Arrangements Order from the court which requires that the child lives with that person
- by becoming the child's special guardian or by adopting the child

A step-parent may make an agreement to obtain Parental Responsibility for his or her step-child providing all those with Parental Responsibility agree. This does not take Parental Responsibility away from those who already have it. A married step-parent could also apply for a Step Parental Responsibility Order. Same sex couples can also apply for parental responsibility eg. for a female partner of the mother. More information is available from the *Child Law Advice* website which is operated by *Coram Children's Legal Centre*

Website [www.childlawadvice.org.uk](http://www.childlawadvice.org.uk)

## Information for children and young people

### Get Your Rights

Website [www.getyourrights.org/](http://www.getyourrights.org/)

Run by National Children's Bureau explaining children's and young people's rights in relation to healthcare

## Interpreting services

If you need an interpreter when you visit a hospital or health centre, tell the person making your appointment so interpreter can be booked in advance. You can't book the interpreter yourself. You can ask for any NHS letters to be sent in another language if you cannot read English. The interpreting service will be provided by one of the services below.

### Pearl Linguistics (County and Sherwood Forest Hospitals)

Your NHS worker will be able to book online at:  
<https://imperial.orbit.pearllinguistics.com/login>

Pearl Linguistics covers community services and GPs around the whole county excluding the city. It also (March 2016) covers Newark Hospital and King's Mill Hospital.

### Interpreting and Translation Services (City)

*Meadows Health Centre, 1 Bridgeway Centre, Meadows, Nottingham NG2 2JG*

Bookings 0300 300 3333 (Health and Care Point) or via  
[www.nottsinterpreters.nhs.uk](http://www.nottsinterpreters.nhs.uk)

Telephone 0115 8831533 (queries only not bookings)

This service covers community services (eg. midwives, health visitors) and GPs in Nottingham City.

### thebigword (Nottingham University Hospitals)

Provides interpreters for Nottingham University Hospitals (QMC and City) including sign language interpreters. Your NHS worker will book for you via [www.thebigword.com](http://www.thebigword.com) The hospitals have an in-house Polish interpreter.

### Nottinghamshire Sign Language Interpreting Service

*22 Forest Road West, Nottingham NG7 4EQ*

Telephone/Minicom 0115 9786984

SMS 07792226250

Emergency/out of hours 07974396299 (SMS and voice)

Email [nsllis@nottsdeaf.org.uk](mailto:nsllis@nottsdeaf.org.uk)

Website [www.nottsdeaf.org.uk/nsllis.html](http://www.nottsdeaf.org.uk/nsllis.html)

Provides sign language interpreters for community services across whole of Nottinghamshire, including city and for Nottingham University Hospitals (QMC and City). NHS workers need to book for you but you can ring if you have any queries eg. to check an interpreter has been booked.

## Main Providers of NHS Services

### Community services are provided by the organisations below

#### Nottingham CityCare Partnership

*1 Standard Court, Park Row, Nottingham NG1 6GN*

Telephone 0800 5612121 (general enquiries)

0115 883 9654 (Customer Care)

Health and Care Point 0300 300 3333 (for most referrals)

Website [www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)

#### Nottinghamshire Healthcare NHS Foundation Trust

*Duncan Macmillan House, Porchester Road, Mapperley, Nottingham NG3 6AA*

Telephone 0115 9691300 (general enquiries)

0800 0153367 (PALS)

Website [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

Provision includes child and adolescent mental health services across the city and county and integrated community children and young people's health services. There is a full list of services on the website.

## Hospital services (April 2016) are provided by the Trusts below.

Nottingham University Hospitals and Sherwood Forest Hospitals Trusts are merging to form Nottinghamshire University Hospitals NHS Trust. This may lead to some service changes, but details were not available in August 2016.

### Doncaster and Bassetlaw Hospitals NHS Trust

Website [www.dbh.nhs.uk](http://www.dbh.nhs.uk)

provides children's services in Nottinghamshire at:

*Bassetlaw Hospital, Blyth Road, Kilton, Worksop S81 0BD*

Telephone 01909 500990 (switchboard)  
01302 553140 (PALS)

*Retford Hospital, North Road, Retford DN22 7XF*

Telephone 01777 274400 (switchboard)

### Nottingham University Hospitals NHS Trust

Website [www.nuh.nhs.uk](http://www.nuh.nhs.uk)

provides children's services at:

*Nottingham Children's Hospital, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 (switchboard)  
(PALS) 0800 1830204 (Landlines)  
0115 9249924 ex 65412, or 62301 from mobiles

Email [pals@nuh.nhs.uk](mailto:pals@nuh.nhs.uk)

Text 07812 270 003

And at

*Neonatal Unit, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 9691169 ex 55216/55215

### Sherwood Forest Hospitals NHS Foundation Trust

Websites [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk) and

[www.cyp.sfh-tr.nhs.uk](http://www.cyp.sfh-tr.nhs.uk) (for children)

provides children's services at

*King's Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Nottinghamshire NG17 4JL*

Telephone 01623 622515 (switchboard)  
01623 672222 (Patient Experience Team)

and some children's outpatient clinics at:

*Newark Hospital, Boundary Road, Newark, Nottinghamshire NG24 4DE*

Telephone 01636 681681 (switchboard)  
01636 685692 (Patient Experience Team)

## Clinical Commissioning Groups (CCGs)

These groups plan and purchase NHS services to meet the needs of the local population. This includes hospital, mental health and many community health services. Some services eg. health visitors and school nurses are commissioned by the local authority. The PALS/Patient Experience teams can provide information, listen to your feedback on services and explain how you can get involved in planning and development of services and also help with complaints.

### Bassetlaw Clinical Commissioning Group

PALS 0800 587 3089

Website [www.bassetlawccg.nhs.uk](http://www.bassetlawccg.nhs.uk)

### Patients Experience and Complaints Team (covers 2 commissioning groups below)

*Balderton Primary Care Centre, Lowfield Lane, Balderton, Nottinghamshire NG24 3HJ*

PALS 0800 028 3693 (select Option 1)

Email [pals.north@newarkandsherwoodccg.nhs.uk](mailto:pals.north@newarkandsherwoodccg.nhs.uk)

### Mansfield and Ashfield Clinical Commissioning Group

Website [www.mansfieldandashfieldccg.nhs.uk](http://www.mansfieldandashfieldccg.nhs.uk)

### Newark and Sherwood Clinical Commissioning Group

Website [www.newarkandsherwoodccg.nhs.uk/](http://www.newarkandsherwoodccg.nhs.uk/)

Pals as above

### Nottingham City Clinical Commissioning Group

*1 Standard Court, Park Row, Nottingham NG1 6GN*

Telephone 0115 883 9570 (for information about services or to give feedback)

Email [patientexperienceteam@nottinghamcity.nhs.uk](mailto:patientexperienceteam@nottinghamcity.nhs.uk)

Website [www.nottinghamcity.nhs.uk/](http://www.nottinghamcity.nhs.uk/)

### Patient Experience Team (covers the 3 commissioning groups below)

*Freepost RTHU-JLJL-LGLT, Patient Experience Team, South Nottinghamshire CCGs, Civic Centre, Arnot Hill Park, Arnold, Nottinghamshire NG5 6LU*

Telephone 0800 028 3693

### Nottingham North and East Clinical Commissioning Group

Website [www.nottinghamnortheastccg.nhs.uk](http://www.nottinghamnortheastccg.nhs.uk)

Covers Gedling borough, parts of Ashfield around Hucknall area, Newthorpe and Giltbrook, parts of Newark and Sherwood district (eg. Lowdham, Gunthorpe, Epperstone), parts of Nottingham City on the Gedling side (eg. Colwick)

### Nottingham West Clinical Commissioning Group

Website [www.nottinghamwestccg.nhs.uk](http://www.nottinghamwestccg.nhs.uk)

Covers Broxtowe borough (Beeston, Bramcote, Chilwell, Stapleford, Eastwood, Kimberley areas)

### Rushcliffe Clinical Commissioning Group

Website [www.rushcliffeccg.nhs.uk](http://www.rushcliffeccg.nhs.uk)

Covers Rushcliffe borough

**GPs, dentists, opticians and pharmacists** and some highly specialised services are commissioned by NHS England.

## Feedback and complaints

You may be able to sort out a problem quickly and informally with health staff involved or their manager. PALS services and Patient Experience Teams can help if needed. See



details in the *Main Providers and Clinical Commissioning Groups* sections above. POhWER has further information about how to make a complaint and what is covered by the NHS complaints procedure.

### POhWER NHS Complaints Advocacy

PO Box 14043 Birmingham B6 9BL

Telephone 0300 456 2370 (local rate) Minicom 0300 456 2364

Text pohwer with your name and number to 81025

Skype pohwer.advocacy (8am–6pm Mon–Fri)

Email [yourvoiceyourchoice@pohwer.net](mailto:yourvoiceyourchoice@pohwer.net)

Website [www.pohwer.net/nhs-complaints-advocacy.html](http://www.pohwer.net/nhs-complaints-advocacy.html)

Free and confidential advice and support and help with making a complaint. Independent of the NHS.

### Healthwatch Nottinghamshire

*FREEPOST RTES-TCEC-JTBR, Healthwatch Nottinghamshire Unit 2-3 Byron Business Centre, Duke Street, Hucknall, Notts NG15 7HP*

Telephone 0115 963 5179

Email [info@healthwatchnottinghamshire.co.uk](mailto:info@healthwatchnottinghamshire.co.uk)

Twitter @HWNotts

Website [www.healthwatchnottinghamshire.co.uk](http://www.healthwatchnottinghamshire.co.uk)

Healthwatch Nottinghamshire is an independent organisation created to gather and represent the views of local people about the health and social care services they receive.

Healthwatch can use the information it collects from people to make recommendations to local providers and commissioners. Healthwatch can speak to the public about proposed changes to service to influence how they are designed.

### Parliamentary and Health Service Ombudsman

Customer Helpline 0345 015 4033 (8:30am–5:30pm Mon–Fri)

Text the call back service 07624 813 005

Textphone/minicom 0300 061 4298

Signvideo service (BSL) from website

Website [www.ombudsman.org.uk](http://www.ombudsman.org.uk)

You need to complain to the NHS organisation (either directly or with the help of Healthwatch or POhWER) and give them a chance to put things right first before the Ombudsman will investigate complaints.

GPs, dentists, pharmacists, opticians and some highly specialised services are commissioned direct by NHS England. If you can't resolve your complaint directly with these services you can contact

### NHS England

*NHS England, Customer Contact Centre, PO Box 16738, Redditch B97 9PT*

Telephone 0300 311 22 33

Email [england.contactus@nhs.net](mailto:england.contactus@nhs.net)

## Health Centres in Nottingham and Nottinghamshire

(H) = HV based here.

Health visitor bases which are not health centres are also included in this section.

### Arnold Health Centre

*High Street, Arnold, Nottinghamshire NG5 7BQ*

Telephone 0115 8832300

### Ashfield Health and Wellbeing Centre (H)

*Portland Street, Kirkby in Ashfield, Nottinghamshire NG17 7AE*

Telephone 01623 785369 (Child and Family Health Team)

### Balderton Primary Care Centre (H)

*Lowfield Lane, Newark, Nottinghamshire NG24 3HJ*

Telephone 01636 594839

### Basford Health Centre (H)

*1 Bailey Street, Old Basford, Nottingham NG6 0HD*

Telephone 0115 8833200

### Beeston Clinic (H)

*Dovecote House, 38 Wollaton Road, Beeston, Nottinghamshire NG9 2NR*

Telephone 0115 9254281

### Bilthorpe see Edwinstowe

### Bingham Health Centre (H)

*3 Newgate Street, Bingham, Nottinghamshire NG13 8FD*

Telephone 01949 872770

### Bridge Children's Centre (H)

*Lincoln Road, Newark, Nottinghamshire NG24 2DQ*

Telephone 01636 593520

### Bull Farm Primary Care Resource Centre (H)

*Concorde Way, Mansfield, Nottinghamshire NG19 7JZ*

Telephone 01623 672183

### Bulwell Riverside (H)

*Main Street, Bulwell, Nottingham NG6 8QJ*

Telephone 0115 8833500 (main reception) 8833400 (Health clinics)

### Calverton Clinic

*4 St Wilfrid Square, Calverton, Nottinghamshire NG14 6FP*

Telephone 0115 8831010

### Clifton Cornerstone

*Southchurch Drive, Clifton, Nottingham NG11 8EW*

Telephone 0115 8786167 (community services)

Minicom 0115 8786101

**Clipstone see Edwinstowe****Collingham Medical Centre (H)***High Street, Collingham, Nottinghamshire NG23 7LB*

Telephone 01636 892156

**Cotgrave Health Centre (H)***Candleby Lane, Cotgrave, Nottinghamshire NG12 3JQ*

Telephone 0115 9892627

**East Leake Health Centre (H)***Gotham Road, East Leake, Leicestershire LE12 6JG*

Telephone 01509 852 181

**Eastwood see Ilkeston Health Centre****Edwinstowe Health Centre (H)***High Street, Edwinstowe, Nottinghamshire NG21 9QS*Telephone 01623 435460 (Health Visitors for **Edwinstowe** 01623 435473, for **Clipstone** 01623 435476 and **Bilsthorpe** 01623 435477 are all based here)**Harworth Primary Care Centre (H)***Scrooby Road, Harworth, Doncaster, South Yorkshire DN11 8JT*

Telephone 01302 741840

**Hawtonville and Balderton Children's Centre (H)***Bowbridge Road, Newark, Nottinghamshire NG24 4EG*

Telephone 01636 593580

**Hucknall Health Centre (H)***54 Curtis Street, Hucknall, Nottinghamshire NG15 7JE*

Telephone 0115 8832100

**Huthwaite Children's Centre (H)***Common Road, Huthwaite, Nottinghamshire NG17 2JT*

Telephone 01623 516592 Health visitors 01623 440082

**Ilkeston Health Centre***South Street, Ilkeston, Derbyshire DE7 5PZ*

Telephone

Health visitors and school nurses for Eastwood/Kimberley are based here.

**Keyworth Primary Care Centre (H)***Bunny Lane, Keyworth, Nottinghamshire NG12 5JU*

Telephone 0115 8837000

**Kimberley Clinic***Newdigate Street, Kimberley, Nottinghamshire NG16 2NJ*

Telephone 0115 916 3301

Health visitors and school nurses are based at Ilkeston Health Centre

**Mansfield Community Hospital (H)***Stockwell Gate, Mansfield, Nottinghamshire NG18 5QJ*

Telephone 01623 785050 Health Visitors 01623 785527

**Mansfield Woodhouse Children's Centre (H)***Swan Lane, Mansfield Woodhouse, Nottinghamshire NG19 8BT*

Telephone 01623 666370

**Mansfield Woodhouse Health Centre***Church Street, Mansfield Woodhouse, Nottinghamshire NG19 8BL*

Telephone 01623 420692

**Mary Potter Centre (H)***76 Gregory Boulevard, Hyson Green, Nottingham NG7 5HY*

Telephone 0115 8838010 Health visitors 0115 8838229

**Meadows Children's Centre (H)***Kirkby Gardens, The Meadows, Nottingham NG2 2HZ*

Telephone 0115 8761320

**Meadows Health Centre***1 Bridgeway Centre, Meadows, Nottingham NG2 2JG*

Telephone 0115 8831500

**Newark Health Centre***14-22 Portland Street, Newark, Nottinghamshire NG24 4XG*

Telephone 01636 652500

**New Woods Children's Centre (H)***Barker Avenue, Skegby, Nottinghamshire NG17 3FQ*

Telephone 01623 444670 Health Visitors 01623 516408

**Oak Tree Lane Health Centre (H)***Jubilee Way South, Mansfield, Nottinghamshire NG18 3SF*

Health Visitors 01623 435226

**Oates Hill Health Centre***Forest Street, Sutton in Ashfield, Nottinghamshire NG17 1BE*

Telephone 01623 557136

**Ollerton Health Centre (H)***Church Circle, New Ollerton, Newark, Nottinghamshire NG22 9SZ*

Telephone 01623 860471

**Park House Health and Social Care Centre (H)***61 Burton Road, Carlton, Nottingham NG4 3DQ*

Telephone 0115 9617616

**Radcliffe on Trent Health Centre***Main Road, Radcliffe on Trent, Nottinghamshire NG12 2GD*

Telephone 0115 9333737

Health Visitors 0115 9335956

**Radford Health Centre (H)***Ilkeston Road, Radford, Nottingham NG7 3GW*

Telephone 0115 883 4000

**Rainworth Primary Care Centre (H)***Warsop Lane, Rainworth, Nottinghamshire NG21 0AD*

Telephone 01623 791035 Health Visitors 01623 791 022

**Retford Primary Care Centre (H)***North Road, Retford, Nottinghamshire DN22 7XF*

Telephone via SPA 01777 274 422

**Ruddington Medical Centre (H)***Church Street, Ruddington, Nottinghamshire NG11 6HD*

Health visitors 0115 9844722

**Selston Community Unit (H)***137 Nottingham Road, Selston, Nottinghamshire NG16 6BT*

Telephone 01773 810245

**Sherwood Health Centre (H)***Elmswood Gardens, Mansfield Road, Sherwood, Nottingham NG5 4AD*

Telephone 0115 8831400

Health visitors based here.

**Sherwood Rise Centre***29 Nottingham Road, Sherwood Rise, Nottingham NG7 7AD*

Telephone 0115 8838900

**Skegby see New Woods****Sneinton Health Centre (H)***Beaumont Street, Sneinton, Nottingham NG2 4PJ*

Telephone 0115 8838600

Health visitors for some local GP practices are here, *see also* St Anns Valley Centre and Meadows Children's Centre**Southwell Medical Centre (H)***The Ropewalk, Southwell, Nottingham NG25 0AL*

Telephone 01636 813561 Health visitors 01636 817935

**St Anns Valley Centre (H)***2 Livingstone Road, St. Anns, Nottingham NG3 3GG*

Telephone 0115 8838700

**Stapleford Care Centre (H)***Church Street, Stapleford, Nottinghamshire NG9 8DB*

Telephone 0115 8835000

**Strelley Health Centre (H)***116 Strelley Road, Strelley, Nottingham NG8 6LN*

Telephone 0115 8833300

**Summer House Children's Centre (H)***Clare Road, Sutton in Ashfield, Nottinghamshire NG17 5BB*

Health Visitors 01623 441426

**Victoria Health Centre***Glasshouse Street, Victoria, Nottingham NG1 3LW*

Telephone 0115 8839000

Contraception and sexual health services 10am–6pm Monday to Thursday and 10am–2pm Friday, 11am–3pm Saturday. All ages including teenagers.

**Warsop Primary Care Centre (H)***Church Street, Warsop, Nottinghamshire NG20 0BP*

Telephone 01623 845683

**West Bridgford Health Centre (H)***97 Musters Road, West Bridgford, Nottinghamshire NG2 7PX*

Telephone 0115 8837300

**Wollaton Vale Health Centre (H)***Wollaton Vale, Wollaton, Nottingham NG8 2GR*

Telephone 0115 8833100

## Early Years and Childcare

This section covers services for under 5s and childcare, including childcare for older children with disabilities. Services listed in other parts of this directory (health, equipment etc.) will also be useful. Some children may access the following from a very young age:

### Financial help

Children may be entitled to Disability Living Allowance care component from 3 months (and mobility component from 3 or 5 years depending on the level of disability). See pages 168-170 in the *Money matters* section of this directory. If you are eligible, the Family Fund (page 175) can help from birth. See also Newlife Nurse Helpline and equipment grants on pages 175-176.

### Blue Badge

Your child may be eligible for a Blue Badge from birth if you need to transport equipment for him/her such as oxygen cylinders or you need quick access to your vehicle for his/her emergency treatment. When your child is 3 years old they may be eligible if they are unable to walk or receive higher rate DLA mobility component. See page 201.

### Education Health and Care (EHC) Plan

It is possible to apply for an EHC Plan (see pages 76-77) from birth.

### Local Offer

The Local Offers list services from birth onwards. See front page of this directory.

### Children's Disability Register

Your child can join from birth and receive the IRIS Magazine. See page 92

**Contact a Family** have a factsheet *Help in the early years if your child has additional needs* that can be downloaded from the *Advice* section of their website:

[www.cafamily.org.uk](http://www.cafamily.org.uk)

## Home-Start

Home-Start is a home visiting scheme for families who need extra support. Trained and vetted volunteers visit for a couple of hours a week to help families build better lives for their children. Visits can continue until the youngest child starts school or turns 5. All volunteers are parents themselves or have parenting experience and support is tailored to the family's needs. Families can self-refer or be referred by any agency.

### Home-Start Ashfield

17 Percival Crescent, Sutton-in-Ashfield, Nottinghamshire NG17 2AU

Telephone 01623 513137 9am-2pm Monday-Thursday.

Email [admin@homestartashfield.co.uk](mailto:admin@homestartashfield.co.uk)

### Home-Start Mansfield

Sandy Bank Children's Centre, Bilborough Road, Mansfield NG18 2NZ

Telephone 01623 653391

Email [homestart.mansfield@yahoo.co.uk](mailto:homestart.mansfield@yahoo.co.uk)

Website [www.homestartmansfield.co.uk](http://www.homestartmansfield.co.uk)

Covers Mansfield District Council Area. A Home-Start Volunteer and parents run a multi-birth group at the Stanhope Centre, Rock Valley, Mansfield.

### Home-Start Newark

30 Barnbygate, Newark, Nottinghamshire NG24 1PZ

Telephone 01636 705011

Email [info@homestartnewark.co.uk](mailto:info@homestartnewark.co.uk)

Website [www.homestartnewark.co.uk](http://www.homestartnewark.co.uk)

As well as home visiting there are family groups twice a week at Barnbygate Hall, Barnbygate. Specialist courses for families coping with particular issues eg. postnatal depression, lone parenthood.

### Home-Start Nottingham

2 First Avenue, Sherwood Rise, Nottingham NG7 6JL

Telephone 0115 9624262

Email [info@home-startnottingham.org.uk](mailto:info@home-startnottingham.org.uk)

Website [www.home-startnottingham.org.uk](http://www.home-startnottingham.org.uk)

Covers Gedling, Rushcliffe, Broxtowe and the city.

## Early education/childcare

### Free entitlements

Currently (Feb 2016) children aged 3-4 years are entitled to 15 hours of free early education/childcare a week for 38 weeks per year. This is a universal entitlement for all children. This starts from the beginning of the term following their 3rd birthday or after 1st January/1st April/ 1st September. 2 year olds who get Disability Living Allowance or have an Educational Health and Care Plan can also get 15 hours of free early education/childcare for 38 weeks a year. Some families may be entitled to a free place for a 2 year old if they receive certain benefits e.g. Income Support/Universal Credit. This can take place at a childminder's, playgroup, nursery etc. If you feel 15 hours is too much for a young child you may be able to start with fewer hours. Under the Childcare Act 2016 children aged 3-4 years will get an additional 15 hours free entitlement i.e., 30 hours altogether for 38 weeks where both parents are working or the lone parent is working. Each parent must be earning the equivalent of 16 hours at the minimum wage (they don't need to be working for 16 hours and people on zero hour contracts may also be eligible if they meet the criteria) although the government intends to make provision for situations where one parent is working but the other has substantial caring responsibilities or has a disability or is employed but is currently on maternity or sick leave. The new entitlements should start from September 2017.

The Families Information Service (city) 0800 458 4114 or Nottinghamshire County Council 0300 500 80 80 can give you more detailed information about free childcare.

## Finding childcare and nurseries

Nursery/infant/primary schools are listed on the Local Offer websites (see page 254). You can get details of local childcare facilities, including registered childminders, day nurseries and preschool playgroups from:

**Nottingham City Families Information Service** 0800 458 4114  
[fis@nottinghamcity.gov.uk](mailto:fis@nottinghamcity.gov.uk)

[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) under *Childcare* in the A–Z  
**Nottinghamshire County Council** 0300 500 80 80  
[www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) search for *Childcare*

**Derbyshire Families Information Service** 01629 535793 [info.fis@derbyshire.gov.uk](mailto:info.fis@derbyshire.gov.uk)  
[www.derbyshire.gov.uk](http://www.derbyshire.gov.uk) under *Education and Learning, Childcare*

**Leicestershire Family Information Service** 0116 305 6545 [family@leics.gov.uk](mailto:family@leics.gov.uk)  
[www.leicestershire.gov.uk](http://www.leicestershire.gov.uk) — *Education and Children* then *Early Years and Childcare*

**Lincolnshire Family Information Service** 0800 195 1635 [fis@lincolnshire.gov.uk](mailto:fis@lincolnshire.gov.uk)  
[www.lincolnshire.gov.uk/parents](http://www.lincolnshire.gov.uk/parents)

If you employ childcarers/nannies to look after your children in your own home they may be registered on the voluntary part of the Childcare Register. This ensures that the person you employ has the necessary skills and experience and has a Disclosure and Barring Service Check. They should have a certificate of registration they can show you.

## Special Educational Needs Provision

Maintained nursery schools must have a Special Educational Needs Coordinator (SENCO) with whom you can discuss your child's needs and all providers who deliver funded early education must meet the needs of children with disabilities and those who have or may have special educational needs. A child does not need a formal diagnosis before extra support can be provided. Childcare/early education practitioners must review a child's progress at around 2–3 years and complete an Early Years Foundation Stage Profile in the final term of the year the child reaches 5.

You can find details of the Early Years Foundation Stage guidance and the Special Educational Needs Code of Practice on the gov.uk website under <https://www.gov.uk/government/collections/statutory-guidance-schools> (this webpage lists a range of statutory guidance for schools—and early years settings—there is a contents list on the left of the webpage showing the different sections).

### DCATCH

*Integrated Children's Disability Service, Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TA*

Telephone 0115 8041275

DCATCH aims to meet the childcare needs of children and young people with complex needs who are unable to access group childcare. They must live and access services in Nottinghamshire County (not city). There are 2 services:

**Individual Homebased Packages** provide childcare for families. These are for working parents (or those on a vocational training course) of children and young people from 0–18 years. Families who are supported by the project will pay towards the cost of childcare at the local rate and will also pay any additional charges for activities: costs over and

above this will be covered by DCATCH funding. Children/young people must be in education if over 5 years and childcare will fit around their usual school day. The DCATCH Brokerage Manager must agree in consultation with the family that the child cannot access group care. Further details are available from the Team.

**Inclusion Support for Settings** This can help with the cost of additional support needed to allow a child or young person with disabilities to attend a private, voluntary or independent childcare setting. The parents of the child must be working or the child (if aged 2, 3 or 4 years) must be accessing their free entitlement to a funded childcare place. The setting needs to apply via [earlychildhoodservices@nottsc.gov.uk](mailto:earlychildhoodservices@nottsc.gov.uk). Forms and eligibility criteria are available from the Early Years Specialist Teachers.

**In the city**, a nursery/early years setting may be able to apply for funding from the **Inclusion Support Grant** to include a child with disabilities. They might use this to pay for specialist equipment, extra staff hours or training for staff to support the child. They can apply if the child's parents are working or accessing training or the child (aged 2, 3 or 4) is accessing their entitlement to free early education/childcare. The early years setting can get more information from [www.nottinghamcity.gov.uk/earlyyears/](http://www.nottinghamcity.gov.uk/earlyyears/) This site also has a parents' leaflet to download. Families can phone the city Families Information Service 0800 458 4114 for more information.

### Schools and Families Specialist Services: Early Years (County)

For preschool children with special educational needs/disabilities. Support with your child's development, early years education and transition into school. Home visits, advice and training for preschool and school staff. Support continues up to the end of Key Stage 1 (approx. age 7). Families can refer their children by phone if child is not at school. The Early Years Team has specialist teachers of the deaf and works with the Sensory Team who have specialist teachers for children with visual impairment. Initial referrals for whole county go to

*Welbeck House, Darwin Drive, Sherwood Energy Village, Ollerton, Nottinghamshire NG22 9FF*

Telephone 01623 520075

Children in Newark and Sherwood and in Bassetlaw will continue to be supported from the office above. Children in other areas will be supported from

*Home Brewery Building, Sir John Robinson Way, Arnold, Nottingham NG5 6DA*

Telephone 0115 8546464

(for children in Broxtowe, Gedling, Rushcliffe)

*Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TA*

Telephone 0115 8040837

(children in Ashfield and Mansfield)

### Portage Early Education Team (Nottingham City)

*Glenbrook Management Centre, Wigman Road, Bilborough, Nottingham NG8 4PD*

Telephone 0115 8764000

Home visiting service for parents/carers of preschool children with delayed development or a disability which is likely to have an effect on their learning. Parents can contact direct or can be referred by a doctor, health visitor, children's worker etc. If you live in the city, your local Children's Centre can put you in touch with the Portage Team.

**I CAN**

8 Wakley Street, London EC1V 7QE

Enquiry Service 020 7843 2544

Email [help@ican.org.uk](mailto:help@ican.org.uk)Websites [www.ican.org.uk](http://www.ican.org.uk) (about I Can schools and services)  
[www.talkingpoint.org.uk](http://www.talkingpoint.org.uk) (about communication difficulties)

Help and advice to parents and practitioners about children's speech, language and communication. Runs Dawn House School (see page 71). Helpline can arrange a free confidential call or email from a speech and language therapist to explain any aspect of speech development you may be concerned about, give you ideas to encourage speech development and explain where to find further help. Talking Point has downloadable guides to speech at different ages, ideas to develop talking, DVDs and books to purchase.

**School for Parents**

c/o the Iona School 310 Sneinton Dale, Sneinton, Nottingham NG3 7DA

Telephone 0115 9586641

Email [enquiries@schoolforparents.org](mailto:enquiries@schoolforparents.org)Website [www.schoolforparents.org](http://www.schoolforparents.org)

Nottingham based charity which supports babies and pre school children with cerebral palsy/difficulties in movement/Downs Syndrome, muscular dystrophy, global developmental delay using a conductive education approach. Speech therapy, Saturday gym club for children with cerebral palsy aged 5-11 years who have attended the preschool service, specialised reading, writing and swimming programmes, eating and drinking skills, alternative and augmentative communication, help with transition to school.

**Steps (Leicestershire Conductive Education Centre)**

The Old School, 40 Loughborough Road, Shephed, Leicestershire LE12 9DN

Telephone 01509 506878

Email [info@stepscentre.org.uk](mailto:info@stepscentre.org.uk)Website [www.stepscentre.org.uk](http://www.stepscentre.org.uk)

Registered charity using conductive education principles, offering mother and baby, toddler and nursery groups, gym club for over 5's in mainstream schools, nursery group and pre-school/independence group. Families from Nottinghamshire welcome, can self refer. No charges—donations appreciated. For children with cerebral palsy, Down's syndrome, spina bifida or other conditions affecting motor skills, including those without a diagnosis yet.

**Makaton****Makaton Charity**

Westmead House, Farnborough, Hampshire GU14 7LP

Telephone 01276 606760 Family Advisory Service 01276 606778

Email [info@makaton.org](mailto:info@makaton.org) (general enquiries)  
[family@makaton.org](mailto:family@makaton.org) (Family Advisory Service)Website [www.makaton.org](http://www.makaton.org)

Makaton is a language programme using signs and symbols to help people to communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order. Many children will drop the signing naturally as they develop speech, some will need to use Makaton throughout their lives. Family Advisory

Service is free to parents and carers who are using or thinking of using Makaton. Offers advice on training and resources and ideas for using Makaton.

The Makaton Charity can tell you about other courses, workshops and local tutors. Local Makaton tutors include:

Deborah [deborahj59@yahoo.co.uk](mailto:deborahj59@yahoo.co.uk) and Jane [jane.eaton.hill.1@gmail.com](mailto:jane.eaton.hill.1@gmail.com)

You can take courses in Makaton at:

**New College Nottingham**

Telephone 0115 9100100

Website [www.ncn.ac.uk](http://www.ncn.ac.uk)

(This college will merge with Central College in September 2016 so the website address and the name may change but there should be re-direction to the new details)

**Equipment and Accessibility**

For main information see the Equipment section of this directory starting on page 183.

Young children with mobility problems may also benefit from:

**Wizzybug Charitable Loan Scheme**

Wolfson Centre, Department D1, Royal United Hospital, Bath BA1 3NG

Telephone 01225 824103 (Children's occupational therapist)

Website [www.designability.org.uk](http://www.designability.org.uk) under *Products*

Wizzybugs offer powered mobility to children with disabilities aged from 18 months to 5 years and are loaned free of charge to families who cannot afford to purchase one privately. Families have to pay a refundable deposit. Children must live in mainland UK. Wizzybug also sell equipment designed for young children with restricted growth e.g. Sit and ride toy.

**Play and toys**

See also the *Play* section of this directory for playdays, play forums, leisure centres, all age play etc.

**Toys and Toy Libraries****Toy like me**

Makies can create dolls with disabilities which can be customized with canes, hearing aids, birthmarks etc.

Website [mymakie.com](http://mymakie.com)

Playmobil are also introducing a range of characters with disabilities. The 'toy like me' campaign on social media (2015) should have details of further manufacturers.

**Newlife**

Telephone 0800 902 0095

Website [www.newlifecharity.org](http://www.newlifecharity.org)

Play therapy pods (a variety of specialist toys which take into account child's physical and learning age, size and ability) are available on free loan for families with a child with disabilities. Must be aged 3-18 years, a permanent resident in UK with significant physical, behavioural or learning disability. Phone for an application form or download from website.

**APTCOO***Unit 15, Botany Park, Mansfield, Nottinghamshire NG18 5NF*

Telephone 01623 629902

Website [www.aptcOO.co.uk](http://www.aptcOO.co.uk)

Toy library and sensory room.

**Bulwell Community Toy Library***Chris Firth Cottages, Norwich Gardens, Bulwell, Nottingham NG6 8GG*

Telephone 0115 9753898

Email [andy@toy-library.co.uk](mailto:andy@toy-library.co.uk)Website [www.toy-library.co.uk](http://www.toy-library.co.uk)Facebook [www.facebook.com/toylibrarybulwell](https://www.facebook.com/toylibrarybulwell)

Community Toy Library provides fun play and toy lending sessions at community venues in Bulwell. Language Through Play project to help children with speech delay or communication difficulties via referral from your health visitor, GP or speech therapist. Stay and Play at the United Reformed Church, Broomhill Road (Monday), Bulwell Riverside (Thurs), Woodland Play at Bulwell Hall Park (Weds), Baby Play at Bulwell Riverside for parents with babies under 14 months. Mobile creche available (charges) for events, weddings. Toy Box Pre-School for 2 year olds in partnership with Snape Wood Primary (details on website).

**Calverton Toy Library***Baptist Church Hall, The Nook, Calverton, Nottinghamshire NG14 6HJ*

Telephone 0115 9653526

Open termtime only on Mondays 1.30–3pm and Thursdays 9.30–11am. Small charge per family. Hall has ramped entrance and accessible toilet.

**Mansfield Play Forum Toy Library***31 Hickling Court, off Kingston Road, Mansfield, Nottinghamshire NG18 2NY*

Telephone 01623 421149

Website [www.mansfieldplayforum.co.uk](http://www.mansfieldplayforum.co.uk)Facebook [www.facebook.com/MansfieldPF](https://www.facebook.com/MansfieldPF)

Small donation to borrow toys and some DVDs for up to 4 weeks. Resource centre of donated materials for play and artwork, craft store of materials bought in bulk and sold at reduced prices. Play equipment eg parachutes, bouncy castle for hire. Ideas for using play materials, workshops, creche available for events, weddings etc.

The following websites sell sensory toys:

Sensory Toy Warehouse [www.sensorytoywarehouse.com](http://www.sensorytoywarehouse.com)Sense Toys [www.sensetoys.com](http://www.sensetoys.com)TFH Special Needs Toys [www.specialneedstoys.com](http://www.specialneedstoys.com)

See also the *Fledglings* (page 189) brochure.

**Play for preschool children****Lots for Tots**

Telephone 0845 6436221

Email [nottingham@lotsfortots.co.uk](mailto:nottingham@lotsfortots.co.uk)Website [www.lotsfortots.co.uk](http://www.lotsfortots.co.uk)

Regular magazine of events and groups for preschool children. There are versions for Nottingham (includes surrounding areas such as Rushcliffe) and for North Nottinghamshire (includes Newark, Mansfield, Bassetlaw).

**APTCOO***A place to call our own, Unit 15, Botany Park, Botany Avenue, Mansfield NG18 5NF*

Telephone 01623 629902

Website [www.aptcOO.co.uk](http://www.aptcOO.co.uk)Facebook [www.facebook.com/A-Place-To-Call-Our-Own-Ltd-](https://www.facebook.com/A-Place-To-Call-Our-Own-Ltd-)**APTCOO**

Preschool group offering specialist support for families expecting a baby with disabilities or with a child under 5 with additional needs/life limiting condition. Mondays 10–12.

**Baby Group***Children's Development Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 8831101 (ask for Community Nursing Team)

For babies with disabilities under a paediatrician in Nottingham or surrounding boroughs and their/parents carers. 0–2 years. 2 groups—Tuesday morning and Tuesday afternoon.

Meet fortnightly except during the school holidays. Run by the community nurses.

**Play and Learn***Carlton Digby School, 61 Digby Avenue, Mapperley, Nottingham NG3 6DS*

Telephone 0115 9568289

Play at a special school. Monday afternoons during term time for under 5's. 1.15–3.00pm. All abilities welcome. Soft play, sensory room.

**Fountaindale Parent, Babies and Toddlers Group***Fountaindale School, Nottingham Road, Mansfield, Nottinghamshire NG18 5BA*

Telephone 01623 792671

Email [reception@fountaindale.notts.sch.uk](mailto:reception@fountaindale.notts.sch.uk)

For young children with learning difficulties, complex medical needs and physical disabilities. Provides a stimulating sensory environment for play. 2nd Thursday of each month in term-time. Refreshments are available.

**Little Senses***Children's Centre, Beeston Fields site, Boundary Road, Beeston, Notts. NG9 2RH*

Telephone 0115 9935740

Developmental play group for babies and children born prematurely or with additional needs. Every Friday 1.30–3pm.

**Look Inside***Look Inside Sensory Learning and Play CIC, City College, Carlton Road, Nottingham NG3 2NR*

Telephone 07424032564 or 07424038353

Email [info@lookinside.org.uk](mailto:info@lookinside.org.uk)Website [www.lookinside.org.uk](http://www.lookinside.org.uk)

Sensory play area for all children and young people. Calm sensory environment with interactive floor, light projection, fibre optics, bubble tubes etc. Open Monday to Saturday 10am–6pm.

### Music, singing and signing

Libraries in the county run Rattle Rhyme and Roll sessions for 0–3 year olds (see under Books and Stories section below). Huthwaite Library also has singing sessions.

#### Early Years Music Groups for babies and toddlers under 3 years

*Queens Road Methodist Church NG9 2FE (Tue)*

*Pearson Centre, Beeston NG9 2NH (Fri)*

Telephone 0115 9221318

Email [wendy@eymg.co.uk](mailto:wendy@eymg.co.uk)

Website [www.eymg.co.uk](http://www.eymg.co.uk)

Friendly fun music groups for babies and toddlers from 6 months to 3rd birthday. Based in Beeston, but children can come from anywhere. Led by a musician who is also a trained speech & language therapist. Places limited—please book in advance.

#### Rainbow Stripes

Telephone 07838624014

Facebook [www.facebook.com/pages/Rainbow-Stripes](https://www.facebook.com/pages/Rainbow-Stripes)

Website [www.rainbowstripes.net](http://www.rainbowstripes.net)

Live acoustic music workshops for young children. Inclusive and adaptable for children with special needs. Sessions in various local children's centres in Nottingham City. Sessions for children's parties available etc.

#### Rockabillies

*First Floor, West End Mills, Leopold Street, Long Eaton, Derbyshire NG10 4QD*

Telephone 0774 701 3597 (Roma)

Website [www.rockabillies.co.uk](http://www.rockabillies.co.uk)

Email [email@rockabillies.co.uk](mailto:email@rockabillies.co.uk)

Facebook [www.facebook.com/pages/Rockabillies](https://www.facebook.com/pages/Rockabillies)

Mainstream preschool music group run by professional teacher and musician. Groups on Monday, Tuesday, Thursday and Friday. Roma also helps with the Speech, Sign and Song club below.

#### Speech, Sign and Song Club

Telephone 0115 9221318 (Wendy)

Website [www.speechsignsong.co.uk](http://www.speechsignsong.co.uk)

Music club for preschool children who need extra help with communication and social skills. Pre-school group meets Wednesday afternoons. Makaton and simple language used. Monthly 'plus' group for older children on Saturdays.

#### Jo Jingles

Telephone 0870 9004567

Website [www.jojingles.com](http://www.jojingles.com)

Music singing and movement group for children from 3 mths–5 yrs. Groups held in Bawtry, Beeston, Bingham, Carlton in Lindrick, Gamston, Giltbrook, Long Eaton, Mapperley, Ravenshead, Retford, West Bridgford, Wollaton.

#### Tinytalkuk

Telephone 01483 301444 (website has contact details of local classes)

Website [www.tinytalk.co.uk](http://www.tinytalk.co.uk)

Singing and signing classes for babies and toddlers. Use British Sign Language. Classes currently (June 2016) running in Beeston, Bingham, Gamston, Gedling, Giltbrook, Mapperley, Mansfield, Long Eaton, Loughborough, Newark, Nuthall, Ruddington, Sherwood, Southwell, West Bridgford, and Wollaton.

#### Wendy's Playful Piano

Telephone 0115 9221318

Website [www.wendisplayfulpiano.co.uk](http://www.wendisplayfulpiano.co.uk)

One-to-one music sessions for children aged 3–7 in a private house in Beeston, Nottingham, weekly, fortnightly or occasionally. All children welcome, including those with additional needs. Parents and carers can choose to stay with their child or wait in an adjoining sitting room.

Some children's centres run say and sign sessions. A *Signed Stories* app can be purchased from **iTunes**.

### Books and stories

Libraries run arts and crafts sessions, story times, and music sessions etc. for preschool children. You can find your local library by contacting the councils:

Telephone/minicom 0115 9155555 (city) or 0300 500 80 80 (county),

Minicom 01623 434993

Websites [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) or

[www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

#### Bookstart

Website [www.bookstart.org.uk](http://www.bookstart.org.uk)

Bookstart is a scheme which provides 2 packs of books for every child: one for babies and one for 3–4 year olds (Bookstart Treasure Pack). Your health visitor should give you the first pack, the second is available from daycare settings, playgroups, Children's Centres. If your child has missed out (for example a baby who has spent extra time in hospital) make sure you ask for your free packs. You can also ask at your local library. There are packs with tactile books for children with visual impairment (Booktouch), packs for deaf children (Bookshine) which include signs and packs for children with disabilities affecting their fine motor skills (Bookstart Star) so ask for these if they would be appropriate. Packs with dual language books in a wide range of languages are also available. Downloadable booklists on disabilities for children.

#### Letterbox Library

*Unit 151 Stratford Workshops, Burford Road, Stratford, London E15 2SP*

Telephone 020 85347502

Website [www.letterboxlibrary.com](http://www.letterboxlibrary.com)



A social enterprise children's bookseller which celebrates equality and diversity. Sells books with characters with disabilities, also books on themes of bereavement, bullying, fostering and adoption etc.

### Living Paintings

*Unit8, Kingsclere Park, Kingsclere, Newbury, Berkshire RG20 4SW*

Telephone 01635 299771

Website [www.livingpaintings.org](http://www.livingpaintings.org)

Design, create and publish tactile and audio books for blind and partially sighted people. Publish titles suitable for anyone from pre-school to adult. Free postal library—join online or by phone. For young blind or partially sighted children the Touch To See books have tactile pictures, audio description and braille. See the website for sample Youtube videos of the books.

### Arts activities

Children's Centres (see later in this section) and libraries provide some arts activities for preschool children.

### Lakeside Arts Centre

*University Park, Nottingham NG7 2RD*

Telephone 0115 8467777

Website [www.lakesidearts.org.uk](http://www.lakesidearts.org.uk)

Some art events for toddlers—see website for dates.

### Nottingham Contemporary

*Weekday Cross, Nottingham NG1 2GB*

Telephone 0115 9489750

Website [www.nottinghamcontemporary.org](http://www.nottinghamcontemporary.org)

Free family arts activities at weekends, and during school holidays.

### Preschool movement sessions

Some Children's Centres provide movement or dance sessions. Contact your local centre (see list in this section) for details.

### Gym Tots

*Cotgrave Leisure Centre, Woodview, Cotgrave, Nottinghamshire NG12 3PJ*

Telephone 0115 9892916

Soft play session for preschool children on Monday and Friday mornings. Children with disabilities welcome and can get a discount on the normal price.

### Magical Movers

Telephone 07954991963

Email [info@magicalmovers.co.uk](mailto:info@magicalmovers.co.uk)

Website [www.magicalmovers.co.uk](http://www.magicalmovers.co.uk)

Music and dance for children from 0 to 5 years. Classes in Beeston, Burton Joyce, Hoveringham, Hucknall, Ilkeston, Kimberley, Kirk Hallam, Mapperley, Meadows, Netherfield, Radcliffe on Trent, Woodthorpe.

### Notts Gym Tots

Website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (look under Leisure Centres)

Preschool gymnastics sessions for ages 6 months to 5 years at Clifton, Djanogly, Harvey Hadden, John Carroll, Ken Martin and Victoria Leisure Centre and Nottingham Tennis Centre (Correct at May 2016). Phone 0115 8761600 for times.

### Tumble Tots

Website [www.tumbletots.com](http://www.tumbletots.com)

Telephone 07429845132

Classes in Arnold, Gamston, Radcliffe on Trent and West Bridgford. 6 months to 5 years, up to 7 years at Gamston and Arnold.

Telephone 07805178852

Email [Newark@tumbletots.com](mailto:Newark@tumbletots.com)

Classes in Southwell, Mansfield and Newark. 6 months to 5 years.

### Swimming

Most leisure centres (see Play section) both local authority and community run, provide mother and toddler swimming sessions.

### Water Babies

*The Paddocks, Southwell Road, Kirklington, Nottinghamshire NG22 8NF*

Telephone 01636 815567/07882257002

Email [hoopswim@waterbabies.co.uk](mailto:hoopswim@waterbabies.co.uk)

Website [www.waterbabies.co.uk](http://www.waterbabies.co.uk)

For babies from birth to 24 months, but should normally be under one year when starting the course. Babies with special needs very welcome. Courses of classes teach you techniques to introduce baby to water, to increase confidence and teach swimming skills. Held in warm pools/hydropools across Nottinghamshire, Leicestershire, Derbyshire, including venues in Chilwell (Village Hotel), Mansfield, Sutton in Ashfield, Shirebrook, Nottingham (Victoria Leisure Centre/Hilton, Milton Street/Martin Jackaman Centre, Aspley) and Derby.

Parents in the north of the county may prefer to use the Yorkshire service which includes sessions in Misterton and at Talbot School, Norton, Sheffield and Wales Junior School Sheffield:

Telephone 01909 730581

Email [swimyourbaby@waterbabies.co.uk](mailto:swimyourbaby@waterbabies.co.uk)

In the south you might also use the Leicestershire and Rutland service: Children can start up to the age of 3. Leicestershire has experience of including babies with cerebral palsy.

Telephone 01664 567302

Email [surfthewave@waterbabies.co.uk](mailto:surfthewave@waterbabies.co.uk)

### Children's Centres

Support for parents to help them give their children the best start in life. Provide information, advice and access to the services such as health visitors, speech and language and toddler groups. Fun activities for families. Learning and volunteering opportunities for parents. Support with behaviour and parenting courses for families with under 5s. Services are provided in children's centres, community venues and in outdoor spaces. They can be done on a 1-1 basis, in groups or be open to all. Some centres have sensory

rooms and a few run groups for children with disabilities and their carers. These are mentioned below under the individual centre—but children with disabilities are welcome in any group, community activity or 1–1. Groups and activities change so contact your local centre for the latest programme. Facebook details where available are under the main area heading (e.g. Ashfield or Gedling). Children's Centres cover the 0–5 age group only in the county from November 2015. In the city, centres cover 0–5 years but family support teams based in and around the centres cover young people up to 19 years. Children's Centres are listed on the local offers (see front page of this directory)

Website for all Nottinghamshire Children's Centres: [www.surestart.notts.nhs.uk](http://www.surestart.notts.nhs.uk)

## Ashfield

Facebook [www.facebook.com/surestartashfieldsouth](http://www.facebook.com/surestartashfieldsouth)  
[www.facebook.com/surestartashfieldnorth](http://www.facebook.com/surestartashfieldnorth)

Ashfield Children's Centres provide baby massage courses, parenting support eg. with sleep and behaviour issues, dads groups as well as stay and play activities, and access to health visitor sessions. The website lists current activities and events/sessions in the local community too. Early years parenting courses including Incredible Years and 123 Magic.

### Butler's Hill and Broomhill Children's Centre,

*Broomhill Road, Hucknall, Nottingham NG15 6AJ*

Telephone 0115 9488910

Sensory room can be booked for a small charge. Magical Moments group monthly for parents of twins/multiple births (second Wednesday 10–11.30pm during 2016—check dates after this). Big Smiles group for families with child with cleft lip and/or palate—last Wednesday of every month. Advice sessions on homelessness.

### Huthwaite Children's Centre and Rural Families

*Common Road, Huthwaite, Nottinghamshire NG17 2JT*

Telephone 01623 516592

Say and sign sessions available. Includes Annesley, Jacksdale, Kirkby Woodhouse and Selston.

### Kirkby Children's Centre (includes Newstead area)

*Summit Centre, Pavilion Road, Kirkby-in-Ashfield, Nottinghamshire NG17 7LL*

Telephone 01623 723232

Say and sign groups, call for latest details, parenting and sleep programmes.

### New Woods Children's Centre

*Barker Avenue, Skegby, Nottinghamshire NG17 3FQ*

Telephone 01623 444670

### Summer House Children's Centre

*Summer House, Clare Road, Sutton in Ashfield, Nottinghamshire NG17 5BB*

Telephone 01623 510946

Sensory room can be booked by families, small charge. Twins group first and third Friday of the month in the afternoon. Neonatal support group 1–3pm last Friday of the month.

## Sutton Central Children's Centre

*Westbourne View, Sutton in Ashfield, Nottinghamshire NG17 2HT*

Telephone via Summer House 01623 510946

Say and Sign sessions available. Sensory room can be booked.

## Bassetlaw

Parenting programmes are offered across Bassetlaw area. Phone your local centre for dates and venues and to book. Baby massage courses run where is enough demand, stay and play sessions, baby weigh, breast feeding support, family support etc.

Facebook

[www.facebook.com/Sure-Start-Bassetlaw](http://www.facebook.com/Sure-Start-Bassetlaw)

### Bassetlaw Rural Children's Centre Network

*Off High Street, Misterton, Nottinghamshire DN10 4BU*

Telephone 01427 892500

Baby massage courses and Sure Babies physical play take place at Misterton as well as usual Children's Centre services (baby clinic, stay and play etc.). This Centre also provides sessions in Clarbrough and Elkesley.

### Hallcroft Children's Centre

*Whitaker Close, Retford, Nottinghamshire DN22 7QH*

Telephone 01777 712950

Hallcroft Hands drop in and play group on first Saturday of the month 10-12 noon for ages 0-12 with a disability (no definite diagnosis necessary).

### Harworth and Bircotes Children's Centre

*Town Hall, Scrooby Road, Harworth, Nottinghamshire DN11 8JP*

Telephone 01302 759062

### Manton Children's Centre

*Community Way, Manton, Worksop S80 2TQ*

Telephone 01909 511321

Stay and Play sessions for families from minority ethnic backgrounds.

### North Worksop Children's Centre

*Gateford Centre, Raymoth Lane, Worksop, Nottinghamshire S81 7LU*

Telephone 01909 488220

*Rhodesia Centre, Marjorie Street, Rhodesia, Worksop, Nottinghamshire S80 3HP*

Telephone 01909 511130

### Prospect Kilton Children's Centre

*Longfellow Drive, Worksop, Nottinghamshire S81 0DW*

Telephone 01909 504810

### Retford Central Children's Centre

*Arlington Way, Retford, Nottinghamshire DN22 6EA*

Telephone 01777 713930

### West Bassetlaw Children's Centre

*School Road, Langold, Nr Worksop, Nottinghamshire S81 9PX*

Telephone 01909 731269

Fortnightly session with Framework offering help with welfare rights, housing etc.

### Broxtowe

Facebook [www.facebook.com/pages/Sure-Start-Childrens-Centres-North-Broxtowe](https://www.facebook.com/pages/Sure-Start-Childrens-Centres-North-Broxtowe)

North-Broxtowe [www.facebook.com/SureStartChildrensCentreStapleford](https://www.facebook.com/SureStartChildrensCentreStapleford)

Incredible Years parenting courses, 123 Magic, sleep courses etc. are available in

Broxtowe Borough for parents of under 5s.

### Attenborough

Stay and Play sessions are provided at the army base in Attenborough currently (June 2016) on a Monday afternoon. Contact Chilwell Children's Centre for more details. These sessions are not available to the general public. Families at the base are welcome to use Chilwell Children's Centre.

### Beeston Central Children's Centre

*Beeston Family Centre Building, Trevor Road, Beeston, Nottingham NG9 1GR*

Some play sessions and parent courses. Not staffed outside sessions so contact via Chilwell Children's Centre below.

### Beeston North and Lenton Abbey Children's Centre

*Beeston Fields site, Boundary Road, Beeston, Nottinghamshire NG9 2RH*

Telephone via Chilwell 0115 9935780

Toy library. Sensory and developmental play sessions for children born prematurely.

### Chilwell Children's Centre

*Great Hoggett Drive, Chilwell, Nottinghamshire NG9 4HQ*

Telephone 0115 9935780

Sensory room. Toy library. Multiple birth group fortnightly on Thursdays. Moving Forward support group for mums and mums to be with anxiety, depression or mental health issues.

### Children's Centre Eastwood (covers North Broxtowe area)

*Chewton Street, Eastwood, Nottinghamshire NG16 3HB*

Telephone 0115 9935750

Sensory room for use by children with additional needs and their families (need to book).

Contact this centre for details of play sessions at Awsworth, Brinsley and Kimberley or look on the facebook page.

### Stapleford Children's Centre

*Grenville Drive, Stapleford, Nottinghamshire NG9 8PD*

Telephone via Chilwell 0115 9935780

Email [surestart.stapleford@nottshc.nhs.uk](mailto:surestart.stapleford@nottshc.nhs.uk)

Facebook [www.facebook.com/SureStartChildrensCentreStapleford](https://www.facebook.com/SureStartChildrensCentreStapleford)

### Gedling

Family Support (with behaviour, toilet training etc.) is available at all Centres. Baby massage and parenting courses (call your local centre for details)

### Arnbrook and Arnold Children's Centre

*Home Close, Bestwood Lodge Drive, Arnold, Nottingham NG5 8NE*

Telephone 0115 916 5010

Group for Polish families living in Gedling borough. School nurse drop in sessions on alternate Thursdays.

### Calverton and Gedling Villages Children's Centre

*Manor Park Infant and Nursery School, Flatts Lane, Calverton, Notts. NG14 6JZ*

Telephone via Arnbrook 0115 9165010

Exploring Together group for children with additional needs on Wednesday afternoons.

### Killisick Children's Centre

*Killisick Road, Arnold, Nottinghamshire NG5 8BY*

Telephone via Arnbrook 0115 9165010

(Open part time only. Parents can also contact Killisick via Arnbrook Children's Centre)

### Netherfield Children's Centre

*143 Victoria Road, Netherfield NG4 2HT*

Telephone 0115 8830840.

Family fun day once a term. Framework drop in session (welfare rights and housing) at St. George's Centre. Exploring Together group for children with disabilities, Fridays 1.30–3pm (as at Feb 2016).

### Stanhope Children's Centre

*Keyworth Road, Gedling NG4 4JD*

Telephone via Netherfield 0115 8830840

### Mansfield

Facebook [www.facebook.com/Sure-Start-Mansfield](https://www.facebook.com/Sure-Start-Mansfield)

### Bellamy Children's Centre

*14 Trowell Court, Mansfield, Nottinghamshire NG18 4NT*

Telephone via Oak Tree 01623 663220

Website <http://oaktreepartnership.co.uk/>

### Ladybrook Children's Centre

*116 Somersall Street, Mansfield, Nottingham NG19 6EW*

Telephone 01623 410090

Family support. Parenting programmes.

### Mansfield Woodhouse Children's Centre

*Swan Lane, Mansfield Woodhouse, Nottinghamshire NG19 8BT*

Telephone 01623 666370

Sensory room which can be booked (parents must attend an induction session in how to use the equipment, no charge to use room) Incredible Years and Baby Incredible Years parenting courses, baby massage courses for families in catchment area only. Centre has 3 support workers, can do home visits if necessary.

**Oak Tree Children's Centre***Jubilee Way North, Oak Tree Lane Estate, Mansfield, Nottinghamshire NG18 3PJ*

Telephone 01623 663220

Website <http://oaktreepartnership.co.uk/>

Incredible Years parenting courses, baby massage, 123 Magic, Home Talk etc. Colligo session for parents of children with special needs once a month on Wednesdays.

**Ravensdale Children's Centre***Sanders Avenue, Mansfield, Nottinghamshire NG18 2DN*

Telephone 01623 486982

Incredible Years parenting courses for young children, baby Incredible Years may also be available. Baby massage courses. Home Talk programme for young children with speech difficulties.

**Titchfield and Oakham Children's Centre***73-75 Princes Street, Mansfield, Nottinghamshire NG18 5SL*

Telephone 01623 421880

Children's Centre services (e.g. parent support, help with transition from nursery to school) are provided in the community. Groups are inclusive. Adult learning courses. Behaviour support.

**Warsop Children's Centre (and Meden Vale)***Mansfield Road, Warsop, Nottinghamshire NG20 0AN*

Telephone 01623 847766

Additional services include sensory room for use with staff support or parents with their children can use by themselves after an induction session. Outreach play session at Meden Vale.

**Newark and Sherwood**Facebook [www.facebook.com/Sure-Start-Sherwood](http://www.facebook.com/Sure-Start-Sherwood)**Bridge Children's Centre***Lincoln Road, Newark, Nottinghamshire NG24 2DQ*

Telephone 01636 593520

**Hawtonville and Balderton Children's Centre***Oliver Quibell Site, Bowbridge Road, Newark NG24 4EG*

Telephone 01636 593580

Baby massage. Parenting support—can self refer.

**Ollerton and Boughton Children's Centre***Dukeries Complex, Whinney Lane, Ollerton, Newark, Nottingham NG22 9TH*

Telephone 01623 861691

Parenting courses, family support. Family support worker may be able to help with form filling including Disability Living Allowance. Sensory equipment is used during the play sessions. Stay and play etc.

**Sherwood East Children's Centre***1A Braemar Road, Clipstone, Nottinghamshire NG19 0LL*

Telephone 01623 629203

**Sherwood West Children's Centre***Rainworth Water Road, Rainworth, Nottingham NG21 ODU.*

Telephone 01623 499900

**Trent Villages Children's Centre North and South***Newark Road, Tuxford, Newark, Nottinghamshire NG22 0NA*

Telephone 01777 872061

Family Support outreach services and play opportunities. Parenting programmes for younger children.

**Rushcliffe**Facebook [www.facebook.com/Sure-Start-Rushcliffe](http://www.facebook.com/Sure-Start-Rushcliffe)**Abbey Road and Lady Bay Children's Centre (Gamston, Ruddington and West Bridgford)***Tewkesbury Close, West Bridgford, Nottinghamshire NG2 5ND*

Telephone 0115 9694480

Baby massage courses can be provided. Activities also run in Ruddington (Young People's Centre) and West Bridgford Youth Centre. Sing and sign sessions, first aid courses.

**Bingham Children's Centre (includes Cotgrave, Radcliffe on Trent)***Eaton Place, Bingham, Nottinghamshire NG13 8BE*

Telephone 01949 863840

Stay and play, baby groups. Parenting courses, 123 Magic, Incredible Years, sleep workshops.

**East Leake Children's Centre (includes Keyworth)***Brookside Primary School, School Green, East Leake, Leicestershire LE12 6LG*

Telephone 01509 857030

Group for children with special educational needs—contact for next meeting details. Parenting courses, support with behaviour, sleep.

**Nottingham City**

Details of all city Children's Centres and latest activities and times can be found at [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) under C in the A–Z. Some Centres only open on certain days and some activities and sessions are provided in other community venues. Details are on the website. You can ring the main hub Children's Centres (areas listed below) to find out more. They can also tell you about parenting courses and workshops running locally to you.

**Broxtowe Children's Centre***18 Strelley Road, Broxtowe, Nottingham NG8 3AP*

Telephone 0115 8763888

Sensory room can be booked on the number above by parents and has a changing area for children and young people with a changing bed. This centre will have details of activities in Aspley, Strelley and Bilborough.

**Bulwell Children's Centre***Steadfold Close, Crabtree Farm, Bulwell, Nottingham NG6 8AX*

Telephone 0115 8762220

Sensory room. Baby massage and Musical Movers (held at Bulwell Riverside). This centre will have details of activities for Bulwell and Bulwell Forest.

**Hyson Green Children's Centre***Mary Potter Centre, Gregory Boulevard, Nottingham NG7 5HY*

Telephone 0115 8838202

Translation sessions for Urdu, Punjabi, Hindi speaking families. Polish mothers group, sessions for mothers dealing with postnatal depression, Women's Aid drop in sessions on 4th Tuesday of the month. This centre will have details of activities in Sherwood and Hyson Green.

**Meadows Children's Centre***Kirkby Gardens, The Meadows, Nottingham NG2 2HZ*

Telephone 0115 8761320

This centre will have details of activities in Meadows and Clifton.

**Radford Children's Centre***Kennington Road, Radford, Nottingham NG8 1QD*

Telephone 0115 8761099

This centre will have details of activities in Radford, Wollaton and Dunkirk area.

**Sneinton Centre for the Child***Edale Road, Sneinton, Nottingham NG2 4HT*

Telephone 0115 8761700

Sensory room. This centre will have details of activities in Sneinton and St Anns area.

**Southglade Access Centre***Southglade Road, Bestwood, Nottingham NG5 5GU*

Telephone 0115 8761890

Autism and ADHD Support Group meets on alternate weeks. Services include family support. This centre has details of activities in Basford, Bestwood and Top Valley areas.

## Education from starting school to 16 years

See the Early years and Childcare section of this directory for preschool education/free entitlements etc., but please note that some special schools listed in this section also take children from 3 years of age. Children's Centres may provide some sessions to prepare children for starting school. In Rushcliffe the health visiting team have set up school readiness sessions including some joint sessions with school nurses at preschools and some evening sessions for parents co-ordinated by the preschool teacher for the Rushcliffe Children's Centres working with all the local schools. Contact Lesley at the health visiting team at West Bridgford Health Centre 0115 8837300 for more details.

## What are special educational needs?

A child or young person has SEN if they have a learning difficulty or disability which calls for special educational provision to be made for him or her. A child of compulsory school age or a young person has a learning difficulty or disability if he or she:

- has a significantly greater difficulty in learning than the majority of others of the same age, or
- has a disability which prevents or hinders him or her from making use of facilities of a kind generally provided for others of the same age in mainstream schools or mainstream post-16 institutions.

For children aged two or more, special educational provision is educational or training provision additional to or different from that made generally for other children or young people the same age by mainstream schools, maintained nursery schools, mainstream post-16 institutions or by relevant early years providers. For a child under two years of age, special educational provision means educational provision of any kind.

Children under compulsory school age have special educational needs if they are likely to fall within the definition above when they reach compulsory school age or would do so if special educational provision was not made for them (Section 20 Children and Families Act 2014).

The four areas of SEN needs as identified by the Department for Education (SEN Code of Practice 2014) are Communication and Interaction, Cognition and Learning, Emotional and Social Health, Sensory and/or Physical.

Children who are learning English as an additional language, but who do not have other learning difficulties/disabilities are not considered to have special educational needs. The government website [www.gov.uk](http://www.gov.uk) has a brief explanation of the current system for helping children with special education needs and you can download the national guide *SEND: a guide for parents and carers* from [www.gov.uk](http://www.gov.uk)

There is further information from the local authorities in the Local Offers for Nottingham and Nottinghamshire (see *Information and Advice Services* section of this directory). The Local Offers include details of what provision individual mainstream schools make for special educational needs and disabilities, assessments and EHC Plans as well information about training and employment services etc.

Local authorities must also provide impartial information, advice and support about special educational needs, disability, health and social care. In Nottingham and Nottinghamshire you can get this through Ask Us Nottinghamshire page 74

## Finding/choosing a school/transferring schools

It is well worth looking through the councils' information on school admissions.

The city guide *Going to School in Nottingham* can be downloaded from:

[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (under *Education and Schools, School Admissions* in the Menu, then choose the age group). The Admissions Team have a limited supply of printed copies for parents without internet access.

The county guide *Admissions to Schools: Guide for Parents* is at

[www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (under *Apply for a School Place*).

In Nottingham and Nottinghamshire most children with special needs attend mainstream schools. Special schools (listed further on in this section) cater for children who have complex disabilities. If you want to apply for a school which is not in your local authority—for example you live in Nottingham but want a place at a Nottinghamshire school—you must still apply through your own local authority.

In Nottingham City you can apply online for places at primary and secondary schools whether you are applying at the normal times or whether you want to apply at other times ('in-year' admission) because you have just moved to Nottingham, moved areas or want to change schools. There are online forms at [www.nottinghamcity.gov.uk/schooladmissions](http://www.nottinghamcity.gov.uk/schooladmissions)

If you don't have internet access, ask for a paper form from the School Admissions Team (contact below)

If you live in Nottinghamshire you can apply online for school places at [www.nottinghamshire.gov.uk/admissions](http://www.nottinghamshire.gov.uk/admissions) if your child is starting school for the first time, moving from infant to junior in September or moving from primary/junior to secondary in September. If you need a school place at other times e.g. because of moving house or changing schools, you need to telephone 0300 500 8080 to find out how to apply. Nottinghamshire coordinates the in-year admission for many but not all schools. For more information see [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) in the *Learning* section under *Schools, Apply for a School Place*. In the county special consideration may be given if your application is supported by written evidence from a doctor, social worker etc. with reasons why this school is the only choice for your child's particular needs (eg. because of their medical/mobility needs, special educational needs). The evidence must be presented at the time of application.

When you apply for schools you can list up to 4 preferences. If you only put down one and are not offered a place, you may be allocated another at a school you feel is not suitable. Entering only one school does not increase your chances of a place.

If you want to transfer schools because of issues to do with your child's disabilities it is worth talking to Ask Us Nottinghamshire (see page 74) to see if they can help you resolve the issues with the original school.

### Accessibility

Although the county guide to admissions shows which schools are at least 75% wheelchair accessible you should visit to check suitability. If your catchment school is not suitable because it is not accessible for your child, you may be eligible for free transport to the nearest suitably adapted school.

#### Fountaindale Physical Disability Specialist Service

Telephone 01623 792857

Gives support and training to county schools who have admitted or are preparing to admit a pupil with physical disabilities. Parents can contact, though usually contact is via your school. Can also help early years settings including those who are voluntary, private or independent. Does not work with city schools, but if a child lives in the county and attends a city school, the service can provide equipment for health and safety (e.g. moving/handling), toileting, accessing the curriculum (e.g. if the pupil needs a computer).

In the **city** you can get advice on adapted schools and accessibility from:

#### Special Educational Needs Service

*Glenbrook Management Centre, Wigman Road, Nottingham NG8 4PD*

Telephone 0115 876 4300

Email [special.needs@nottinghamcity.gov.uk](mailto:special.needs@nottinghamcity.gov.uk)

### Summer born children/Delayed Transfer

The government has announced intentions (September 2015) to give summer born children the right to start in reception at the age of 5 if their parents wish, rather than going into Year 1.

Exceptionally, children may be able to delay transfer to the next phase of school by a year. Parents should discuss this with the current school.

### Contacting the Schools Admissions Teams

For all children living in the **county** outside the city contact:

#### School Admissions Team

*Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TA*

Telephone 0800 500 8080

Minicom 01623 434993

Email [admissions.ed@nottscs.gov.uk](mailto:admissions.ed@nottscs.gov.uk)

For children in the **city** contact:

#### School Admissions Team

*LH Box 14 Loxley House, Station Street, Nottingham NG2 3NG*

Telephone 0115 8415568

Email [schooladmissions@nottinghamcity.gov.uk](mailto:schooladmissions@nottinghamcity.gov.uk)

### Choice Advice in Nottingham City

If you have difficulty choosing a school because of your child's needs, or because you are new to the area etc. you can contact:

#### Nottingham City Families Information Service

Telephone 0800 458 4114

This service can provide help with filling in your application, and impartial schools advice but cannot guarantee a place at a school.

### Admissions appeals if you are turned down

**City:** For community and voluntary controlled schools fill in an online appeal form / download an appeal form to fill in from the Nottingham City Council website or contact

the Schools Admissions Team 0115 8415568 for a paper form. The deadline for returning appeals forms should be on your decision letter. The Appeals Team will then get in touch with you to give you details of the appeal hearing. For academies, church schools and trust schools you will need to contact the school directly. The decision letter will have details on how to appeal for these schools.

*Going to School in Nottingham* ([www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) under *School Admissions*) has further details. If you have been turned down for a school but there has been a significant change since you applied (e.g. significant medical reason not simply change of address) contact the Admissions Team—they may be able to reconsider your application.

### School Appeals Team (City)

LH Box 28, Loxley House, Station Road, Nottingham NG2 3NG

Telephone 0115 8764305

Email [education.appeals@nottinghamcity.gov.uk](mailto:education.appeals@nottinghamcity.gov.uk)

**County:** If you want to appeal contact

### Nottinghamshire County Council

Telephone 0300 500 80 80 Minicom 01623 434993

### Children with an Education Health and Care Plan (or Statement)

If you live in the **county** and your child has an Education Health and Care Plan their place will be dealt with by the EHC assessment team. If your child is moving from primary to secondary school there should be a review meeting in the autumn term before they move and the EHC Plan (or statement of SEN) should be amended to name the secondary school. You should receive a copy of this with details of how to appeal if you disagree with the named school. In the **city**, you should always be offered a place at the school named in the Education Health and Care Plan.

## Special schools

(Your child will need an Education, Health and Care Plan—or a statement—to attend a special school.)

### County of Nottinghamshire

#### Ash Lea School

Owthorpe Road, Cotgrave, Nottingham NG12 3PA

Telephone 0115 989 2744

Website [www.ashlea.notts.sch.uk](http://www.ashlea.notts.sch.uk)

Complex learning difficulties 3–19 years.

#### Beech Academy

Fairholme Drive, Mansfield, Nottinghamshire NG19 6DX

Telephone 01623 626008

Website [www.beech.evolutetrust.org](http://www.beech.evolutetrust.org)

Moderate learning difficulties, autistic spectrum disorder, Down syndrome, global developmental delay. 11–19 years.

### Bracken Hill School

Chartwell Road, Kirkby in Ashfield, Nottinghamshire NG17 7HZ

Telephone 01623 477268 (need to phone)

Website [www.brackenhill.notts.sch.uk](http://www.brackenhill.notts.sch.uk)

Complex educational needs possibly with associated behavioural problems. 3–19 years.

### Carlton Digby School

61 Digby Avenue, Mapperley, Nottingham NG3 6DS

Telephone 0115 9568289

Website [www.carltondigby.notts.sch.uk](http://www.carltondigby.notts.sch.uk)

Severe and profound learning difficulties, and autism with associated learning difficulties. 3–19 years. Early years group (page 53)

### Derrymount School

Lower School, Churchmoor Lane, Arnold, Nottingham NG5 8HN

Telephone 0115 953 4015

Upper School, Sherbrook Road, Daybrook, Nottingham NG5 6AT

Telephone 0115 9675020

Website [www.derrymount.notts.sch.uk](http://www.derrymount.notts.sch.uk)

Social and communication difficulties, autistic spectrum disorder. 3–16 years. Many children have additional mild, moderate or severe learning difficulties.

### Fountaindale School

Nottingham Road, Mansfield, Nottinghamshire NG18 5BA

Telephone 01623 792671

Website [www.fountaindale.notts.sch.uk](http://www.fountaindale.notts.sch.uk)

Complex, physical and sensory needs. 3–19 years. Babies and toddlers group see page 53 After school sports clubs on Wednesdays. Sensory toy library open to nonpupils.

### Foxwood Academy

Derby Road, Bramcote, Beeston, Nottinghamshire NG9 3GF

Telephone 0115 9177202

Email [office@foxwood.notts.sch.uk](mailto:office@foxwood.notts.sch.uk)

Website [www.foxwood.notts.sch.uk](http://www.foxwood.notts.sch.uk)

Facebook [www.facebook.com/foxwoodacademy](https://www.facebook.com/foxwoodacademy)

Moderate and severe learning difficulties and autism spectrum disorders. 3–19 years. Out of hours programme for pupils at school. Parent support group.

### Newark Orchard School

Appletongate, Newark, Nottinghamshire NG24 1JR and London Road, Balderton,

Newark, Notts. NG24 3AL

Telephone 01636 682255(Appleton gate) or

01636 682256 (London Road)

Email [tsoffice@newarkorchard.notts.sch.uk](mailto:tsoffice@newarkorchard.notts.sch.uk)

Website [www.newarkorchard.notts.sch.uk](http://www.newarkorchard.notts.sch.uk)

Wide range of disabilities. 3–14 years at Applegate, 14–19 at London Road. Parent/Carer drop in at London Road site, dates on website, scouts group (pupils only.)

**Redgate School (Debdale Federation)***Somersall Street, Mansfield, Nottinghamshire NG19 6EL*

Telephone 01623 455944

Email office@redgate-notts.sch.uk

Website www.debdalefederation.org

Small special school for children with moderate and complex learning difficulties. Some pupils also have autistic spectrum disorder. After school club on Thursdays and pupils can also attend the sessions at Yeoman Park. Ages 3–11 years.

**St Giles School***Babworth Road, Retford, Nottinghamshire DE22 7NJ*

Telephone 01777 703683

Website www.st-giles.notts.sch.uk

Email office@st-giles.notts.sch.uk

Moderate, severe, profound and multiple learning difficulties. Autism and developmental delay. Ages 2–19 years.

**Yeoman Park School (Debdale Federation)***Park Hall Road, Mansfield Woodhouse, Nottinghamshire NG19 8PS*

Telephone 01623 459540

Email office@yeomanpark.notts.sch.uk

Website www.yeoman.schooljotter2.com/welcome

Severe complex or profound learning difficulties. 3–19 years. Afterschool club 2 nights a week for pupils of Yeoman Park and Redgate schools. Summer play scheme.

**City of Nottingham****Nethergate School***Swansdowne Drive, Clifton, Nottingham NG11 8HX*

Telephone 0115 915 2959

Website www.nethergateschool.co.uk

Email admin@nethergate.nottingham.sch.uk

Moderate complex learning difficulties 5–19 years.

**Oak Field School and Sports College***Wigman Road, Bilborough, Nottingham NG8 4PD*

Telephone 0115 9153265

Email admin@oakfield.nottingham.sch.uk

Website www.oakfieldsportscollege.org.uk

Physical difficulties and severe/profound learning difficulties. 3–19 years.

**Rosehill School***St Matthias Road, Nottingham NG3 2FE*

Telephone 0115 915 5815

Website www.therosehillschool.com

Autistic spectrum disorders 4–19 years.

**Westbury School***Chingford Road, Bilborough, Nottingham NG8 3BT*

Telephone

0115 915 5858

Website

www.westburyschool.co.uk

Email

admin@westbury.nottingham.sch.uk

Social, emotional and mental health difficulties 7–16 years.

**Woodlands School***Beechdale Road, Aspley, Nottingham NG8 3EZ*

Telephone 0115 915 5734

Email admin@woodlands.nottingham.sch.uk

Website www.woodlandssch.co.uk

Moderate to severe learning and behavioural difficulties up to 16 years.

**City schools with Focus Provision**

These mainstream schools will have specialist teachers and equipment.

**Firbeck Academy***Firbeck Road, Wollaton, Nottingham NG8 2FB*

Telephone 0115 9155739

Website www.firbeck.org.uk (under Key Information)

Email admin@firbeck.nottingham.sch.uk

Focus provision for deaf children aged 5–11 years.

**Bluecoat Academy***Aspley Lane Campus, Aspley Lane, Nottingham NG8 5GY*

Telephone 0115 9297445

Email office@bluecoat.uk.com

Website www.bluecoat.uk.com

Focus provision for children with autistic spectrum disorders, with severe and challenging behaviour.

**Nottingham University Samworth Academy***Bramhall Road, Bilborough, Nottingham NG8 4HY*

Telephone 0115 9291492

Website www.nusa.org.uk

Provision for deaf children: resource base, individual programmes, lessons in British Sign Language etc.

**Local independent schools (special needs)**

These schools are run by independent and/or charitable organisations:

**Dawn House School***Helmsley Road, Rainworth, Nottinghamshire NG21 0DQ*

Telephone 01623 795361

Website www.dawnhouseschool.org.uk

Specialist school for children (5–19 years) with speech, language and communication difficulties. Residential facilities.



**Hope House School***Barnby Road, Newark Notts NG24 3NE*

Telephone 01636 700380

Email [enquiries@hopehouseschool.co.uk](mailto:enquiries@hopehouseschool.co.uk)Website [www.hopehouseschool.co.uk](http://www.hopehouseschool.co.uk)

For children with autistic spectrum disorders, 5–16 years. Individual one to one education. Day school and vacation centre. After school and holiday clubs.

**Sutherland House School***Bath Street, Nottingham NG1 1DA*

Telephone 0115 960 9263

Website [www.autismeastmidlands.org.uk/sutherland-house-school](http://www.autismeastmidlands.org.uk/sutherland-house-school)

Day school run by Autism East Midlands. Ages 3–19.

**Out of County Independent Specialist Schools**

There are a number of schools just outside Nottinghamshire offering specialist education. Some may offer residential as well as day places. See the list of *Independent special institutions with Secretary of State approval* on the [gov.uk](http://gov.uk) website and these special schools and post-16 providers can be listed in a child/young person's EHC. At present there are relatively few schools and colleges on the list although it already includes Portland College and the RNIB College in Loughborough (see *Transition* section of this directory)

**Alderwasley Hall School (Belper)**

Telephone 01332 378 840

Website [www.senadgroup.com](http://www.senadgroup.com)

Children and young people aged 5–20 with Asperger Syndrome/higher functioning autistic spectrum disorders.

**High Grange School (Mickleover)**

Telephone 01332 412777

Website [www.highgrangeschool.co.uk/](http://www.highgrangeschool.co.uk/)

Young people aged 8–19 who have autism spectrum disorders and associated learning, communication, sensory and behavioural difficulties.

**Fullerton House School (Tickhill)**

Telephone 01709 861663 (school)

0800 0556789 (Freephone–Hesley Group of schools)

Website [www.fullertonhouseschool.co.uk](http://www.fullertonhouseschool.co.uk)

Specialist residential school (day placements possible), offering flexible education and care up to 52 weeks per year, for young people aged 8 to 19 with complex needs including behaviour that may challenge and a learning disability, often in association with autism.

**Kisimul School (Swinderby)***61 High Street, Swinderby, Lincoln LN6 9LU*

Telephone 01522 868279

E-mail [enquiries@kisimul.co.uk](mailto:enquiries@kisimul.co.uk)

Independent special residential school. Most pupils are aged 8–16. Challenging behaviour/ASD/learning disabilities.

**Transport to school**

Some, but not all, children with special needs will be eligible for assistance such as a taxi or mileage allowance for petrol costs. This may be because their disabilities place them or others at serious risk of danger during the journey or because they cannot use public transport even when accompanied or walk safely even with a carer because they need specialised transport e.g. tail-lift access. Criteria vary slightly between city and county. If you choose to send your child to a school which is not your catchment or designated school you will not get help with travel. Children aged 2–5 would not normally qualify for help unless they have very significant disabilities. If you think your child may be eligible contact the numbers below:

**County:** Children and Family Services Team 0115 977 3779

**City:** Educational Transport Team 0115 8765049.

**Free school meals, milk, clothing grants**

All children in reception, year 1+2 are entitled to free school meals and under 5s are entitled to free milk. If you receive certain means tested benefits you may be entitled to free school meals for children in year 3 upwards. If your child is under 7, you may be entitled to free school milk if you receive certain benefits. Contact the teams below:

**Grants and Benefits Team (County)**

Telephone 0300 5008080

Website [www.nottinghamshire.gov.uk/learning/schools/school-dinners/free-school-meals/](http://www.nottinghamshire.gov.uk/learning/schools/school-dinners/free-school-meals/)

There is more information and you can download an application form from the website. Clothing grants are no longer available in the county except in very exceptional circumstances (eg. clothes lost in a fire or while fleeing domestic violence).

**County families can apply online at**

Website [www.nottinghamshire.gov.uk/learning/schools/school-dinners/free-school-meals/](http://www.nottinghamshire.gov.uk/learning/schools/school-dinners/free-school-meals/)

If you do not have internet access telephone 0300 5008080.

Clothing grants are no longer available in the county except in very exceptional circumstances (eg. clothes lost in a fire or while fleeing domestic violence). To apply contact *Senior Professional Practitioners, Grants and Benefits Team, Meadow House, Littleworth, Mansfield, Notts NG18 2TA*

**Pupil Benefits (City)***Pupil Benefits, Contact Centre, Angel Row, Nottingham NG1 6HP*

Telephone 0115 9154084

Email [pupil.benefits@nottinghamcity.gov.uk](mailto:pupil.benefits@nottinghamcity.gov.uk)

There are still clothing allowances for certain pupils starting years 1,4,7,9 and 11 in city schools, but academies may make their own arrangements. You may also need to apply quite early so contact Pupil Benefits if you think you may be eligible.

## Special educational needs arrangements for children who are at school

When a school or college identifies a child or young person as having special educational needs, staff must tell parents and carers. The school or college should put effective special educational provision in place. This means help which is additional to or different from the support generally given to pupils of the same age. The idea is that this SEN Support will help children to achieve the outcomes that school have set for them in conjunction with parents. This SEN Support replaces School Action and School Action Plus (and Early Years Action and Early Years Action Plus for young children) which were part of the special educational needs arrangements before the changes in September 2014.

Support can be given in different ways eg. small group work for your child, special equipment or materials, support with toileting or dressing, advice from an educational psychologist, extra support from a teaching assistant etc. Your child's progress should be reviewed, looking at what to do next if your child is not responding to the help given.

Schools must publish information about their special needs provision. You may find this on their websites.

Parents in the city and county can get advice and support from

### Ask Us Nottinghamshire (formerly Parent Partnership Service)

County Hall, West Bridgford, Nottinghamshire NG2 7QP

Telephone 0115 8041740

Email [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)

Website [www.askusnotts.org.uk](http://www.askusnotts.org.uk)

Impartial information, advice and support to parents of children with special educational needs or a disability living in Nottingham and Nottinghamshire, particularly around educational issues. Workshops for parent groups. Confidential helpline can provide verbal and written advice before parents go to meetings at school and a debrief after school meetings. The service can also talk to your family support worker if you wish. Website has information to download.

Ask Us Nottinghamshire can give you more information about how support for children with special educational needs and disabilities is funded in schools. You can also look at *Arrangements for accessing top-up funding for pupils with special educational needs and disabilities in Nottinghamshire mainstream schools* and *Funding for children with special educational needs and disabilities in mainstream schools* (the Nottingham City document). You can find these on the Local Offers (see front page of this directory for websites).

Schools can get advice, support and training from

### Schools and Families Specialist Services (County)

Welbeck House, Darwin Drive, Sherwood Energy Village, Ollerton, Nottinghamshire NG22 9FF

Telephone 01623 520075

Home Brewery Building, Sir John Robinson Way, Arnold, Nottm. NG5 6DA

Telephone 0115 8546332

Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TA

Telephone 0115 8040837

This service is able to provide support, advice and training to meet the needs of pupils with the most complex needs to all Nottinghamshire schools, including academies. The

service has specialist teachers and teaching assistants with additional qualifications and extensive experience in working with children and young people with a range of special educational needs from 0–19 years. This service is usually negotiated at Springboard meetings (your school's SENCO will attend these every term) although referrals from parents and professionals for pre-school children and for children with sensory impairments can be accepted.

The service consists of 4 teams. The Early Years Team is explained on page 49.

The **Sensory Team** consists of specialist teachers and teaching assistants, a resource technician and habilitation officer and works with children with sensory (hearing and/or visual) impairments offering assessments and interventions, advice and support to parents, training for school staff and support with independent living skills.

The other two teams work with children and young people in Key Stages 2–5 (about 8–19 years) in mainstream schools:

The **Autism Team** provides advice and training for schools about autism spectrum disorders. They can help schools develop and use appropriate strategies and interventions for students with autism and complex communication and social interaction needs. They can advise on measuring and monitoring the progress of these students.

The **Cognition and Learning Team** provides information, advice and training for schools about a range of learning needs eg. Down Syndrome, dyslexia, rare disorders, global developmental delay. The team supports schools in developing appropriate strategies and interventions to ensure that the students are included and make progress.

### Inclusive Education Service (City)

Telephone 0115 8765340 (Sensory and Physical Team)

Telephone 0115 8765311 (Autism Team and Learning Support Team)

There are 3 teams. They all support schools and colleges to include children with special educational needs by providing training, advice on setting realistic targets for the children and strategies and resources to help them meet these targets. There is more information about the teams on the city Local Offer (see front page of this directory).

The **Autism Team** works with children and young people with a diagnosis of an autistic spectrum disorder from when they are moving into school to age 19 years if they are still in education. Children must live in the city or attend a city school or educational setting. The team can help with the transition to school and referrals can come from health visitors, the Portage Early Education Team or the school. The team can also help where a child is under assessment by a paediatrician for autistic spectrum disorder.

The **Learning Support Team** usually works with children from school age who have learning difficulties eg. Down Syndrome, dyslexia or dyspraxia. They can support the school to identify special needs eg. dyslexia.

The **Sensory and Physical Team** covers children from 0–19 years (sensory impairments) and school age to 19 (physical disabilities). The team works with children with significant hearing loss, visual impairment or physical disability. Referrals can come from parents or from a SENCO, physiotherapist, hearing clinic etc. For children with visual and hearing disabilities the team can work with the child at home until they are old enough for school or nursery.

## Educational psychology services

If your child is having difficulties at school even with additional help, the school may want to involve an educational psychologist to discuss what more could be done to support your child.

### Educational Psychology (County)

*Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TA*

Telephone 0115 8040828/8040829/8040836

The educational psychologists can observe children and provide advice and help by talking with teachers, parents and other professionals. They can help parents and teachers and other agencies involved with the child to understand the child's educational needs, and agree what needs to be done to meet those needs. Each school has a linked psychologist. Priorities for Educational Psychology work are determined in discussion with SENCOs at planning meetings (known as Springboard meetings), which are held 2 or 3 times each year. Education psychologists are required to provide a written contribution when young people are undergoing assessment for an Education Health and Care Plan. In a small number of cases, the service responds to parent requests for an educational psychologist to be involved. In these cases the usual aim is to support parents in their engagement with key staff within the school or setting.

### Community Educational Psychology Service (City)

*Glenbrook Management Centre, Wigman Road, Nottingham NG8 4PD*

Telephone 0115 8765152

Website [www.nottinghamcity.gov.uk/esn](http://www.nottinghamcity.gov.uk/esn) (under Additional Needs)

The Community Educational Psychology Service in the city is commissioned by the council to provide some services eg. statutory assessments, annual reviews, tribunals, expert witness at exclusion panels and assessments of pupils new to the city without a place, preschool assessments/liaison. Schools can also ask for additional services—they need to pay for these, so you would need to talk to your child's school about this. The service can work with children aged 5–25 including those with complex and multiple needs, autistic spectrum disorders, learning difficulties, attachment disorders, ADHD, anxiety disorders, selective mutism, life threatening illnesses and those who have suffered stress and trauma. Can also work with children/young people with a disability where this affects their progress in school.

## Education, Health and Care Plans

From September 2014 statements of special educational needs have been replaced by Education, Health and Care Plans (EHC Plans). These plans are for children who need a high level of support. They describe the child's special educational needs and related health and social needs, and the help they will get to meet them. They name the school, nursery, post-16 institution etc. to be attended. EHC Plans are legal documents. Families can request an assessment for an EHC Plan. Ask Us Nottinghamshire (see earlier in this section) has a factsheet about EHC Plans which gives more detail about what they might cover.

Following assessment, if your child is eligible, you and your child will be involved in developing this Plan, along with the professionals involved in their care. The aim of the Plan is to set out the kind of support that is required to meet their needs and achieve

desired outcomes. EHC Plans can start at birth and, for young people who go on to further education, will continue until they are aged 25. They will be reviewed annually so that they will continue to be relevant at different stages. Young people and parents of children with an EHC Plan will have options to manage some of the funding which is identified as being necessary to the implementation of the Plan—see Personal Budgets. An EHC Plan will stop before age 25 if the young person goes to university, gets a job, no longer needs help or tells the local authority that they no longer want the Plan.

### Children with statements of SEN

Children who already have a statement of Special Educational Needs will be transferred to the new system (EHC Plans) by 1st April 2018. The statement they have will continue until either the statement ceases because they leave education or there is a transfer review and either an EHC Plan is agreed or the local authority decides an EHC Plan is not needed. A statement can also cease if following an annual review the local authority decides it is no longer needed.

Local authorities must transfer children to the new system in year 9 or before they move from school to post 16 education (including 6th form), before they move from an early years setting to school even if the setting is attached to the school and before a change from primary to secondary or mainstream to special school. Ask Us Nottinghamshire has further information about EHC plans and about transfers from statements and there are leaflets to download from their website [www.askusnotts.org.uk](http://www.askusnotts.org.uk)

### Asking for an assessment for a Plan

If you live in Nottingham City you can ask for an assessment by filling in an online form at [www.nottinghamcity.gov.uk/EHCPrequestform](http://www.nottinghamcity.gov.uk/EHCPrequestform) or via [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) choose *Education and Schools*, then *Special Educational Needs Service* then *Education Health and Care Plans*. Alternatively, you can write (requests must be in writing by letter or email unless you are using the online form) to the

### Special Education Needs Service

*Glenbrook Management Centre, Wigman Road, Nottingham NG8 4PD*

Telephone 0115 8764000

Email [special.needs@nottinghamcity.gov.uk](mailto:special.needs@nottinghamcity.gov.uk)

If you live in the county you can ask for an assessment by contacting:

### Integrated Children's Disability Service

Telephone 0115 8041275

### Personal budgets

Parents/carers of children and young people who are assessed as needing an EHC Plan will be able to ask for a Personal Budget. Young people with an EHC Plan can ask for their own Personal Budget to meet their special educational needs after the end of the school year in which they reach 16. Personal Budgets are explained in more detail on pages 87 and 231–232.

## Dispute and Disagreement Resolution

Concerns about the support and provision your child is receiving should be raised initially with the school/social worker or health professional and with the organisations (eg. local authority, clinical commissioning group) for which they work. If the issue isn't sorted out, the *Children and Families Act 2014* sets out how and when to seek help from an outside resolution service. The help is available even if you don't have an Education Health and Care Plan, and are not in the process of being assessed. Parents (and young people aged 16–25) can contact direct and the service is free. The two companies responsible for dispute resolution in Nottingham City and Nottinghamshire are:

### Kids

Telephone 0333 0062 835  
Email [senmediation@kids.org.uk](mailto:senmediation@kids.org.uk)  
Website [www.kids.org.uk](http://www.kids.org.uk)

### The Together Trust

Telephone 0161 283 4836  
Email [enquiries@togethertrust.org.uk](mailto:enquiries@togethertrust.org.uk)

## Mediation Service

This is specifically for disputes around Education, Health and Care Plans, including when an assessment for a Plan has been refused. If the only difficulty is about the school/college etc. named in the Plan you do not need to consider mediation, you can go straight to appeal. To begin mediation contact

### Global Mediation Ltd

Telephone 0800 064 4488

If, after mediation, you cannot reach an agreement you still have the right to appeal to the First Tier Tribunal (Special Educational Needs and Disability). Global Mediation will issue you with a certificate to enable you to do this.

You do not have to go through mediation before you register an appeal, but you must show you have considered mediation by speaking to an advisor at Global Mediation. If, after speaking to them, you want to go straight to the First Tier Tribunal they will issue you with a certificate to do this. Although mediation is voluntary for parents, if you decide you want to go ahead with it, the local authority must attend.

## Appeals

Following mediation or after speaking to Global Mediation and deciding not to go ahead with mediation, you can appeal to

### Special Educational Needs and Disability Tribunal

*1st Floor, Darlington Magistrates Court, Parkgate, Darlington DL1 1RU*

SEN Helpline 01325 289350  
Email [sendistquiries@hmcts.gsi.gov.uk](mailto:sendistquiries@hmcts.gsi.gov.uk)  
Website [www.gov.uk/special-educational-needs-disability-tribunal](http://www.gov.uk/special-educational-needs-disability-tribunal)

There is information on the website about how to appeal, what you can appeal about, tribunal hearings etc. Young people who have finished year 11 and are under 25 can appeal themselves if they wish. You must send the appeal within 2 months of the date on your

decision letter or within one month of the date of your mediation certificate which ever is later. Appeal forms can be downloaded from the website above.

Ask Us Nottinghamshire can give you more information about disputes, mediation and appeals.

## Attendance difficulties

The services below may be able to help if your child is missing school

### Education Welfare (city)

Telephone 0115 8762965  
Education Welfare Specialists 0115 8762134/8765820  
Email [educationwelfareservices@nottinghamcity.gov.uk](mailto:educationwelfareservices@nottinghamcity.gov.uk)  
If your child is not attending and you cannot sort this out through talking to your child/the class teacher/the SENCO you can ring the Education Welfare Specialists above for further advice.

### Family Service (county)

Initial contact for all areas is now  
*Early Help Unit, Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TB*  
Telephone 0115 8041248  
Email [early.help@nottsc.gov.uk](mailto:early.help@nottsc.gov.uk)

## Bullying

Speak to your child's teacher or SENCO in the first instance. Most schools will have an antibullying policy and must produce an SEN Information Report which should tell you what the school does to prevent bullying. You can escalate complaints to the headteacher and to the school governors if necessary. The organisations below can give further advice:

### Kidscape

*2 Grosvenor Gardens, London SW1W 0DH*

Email [info@kidscape.org.uk](mailto:info@kidscape.org.uk)  
Website [www.kidscape.org.uk](http://www.kidscape.org.uk)

Charity which aims to prevent bullying and child abuse. Downloadable leaflets, free confidence building sessions for children at the London office. Information on the website for parents, children and professionals.

### Bullying UK

Website [www.bullying.co.uk](http://www.bullying.co.uk)  
This organisation is part of Family Lives and has advice for children and young people, schools and adults. It includes a section with advice for parents of children with disabilities.

## Hate crime

If your child is harassed or their possessions are stolen or destroyed because of their disability this may be a hate crime. The school may be able to take steps to deal with this and you or the school can report it to the police.

## Dyslexia

The following organisations give advice and support to parents and schools.

### British Dyslexia Association

Unit 8, Bracknell Beeches, Old Bracknell Lane, Bracknell RG12 7BW

Helpline 0333 405 4567 (10am–1pm 1.30–4pm Mon–Fri, except  
Weds 10am–1pm only)

Email [helpline@bdadyslexia.org.uk](mailto:helpline@bdadyslexia.org.uk)

Facebook [www.facebook.com/bdadyslexia](http://www.facebook.com/bdadyslexia)

Website [www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

Information for parents, educators, employers and people with dyslexia. Online screening tools for adults/older teenagers for which there are charges, free checklist for possible dyslexia for adults.

### Dyslexia Action

Nottingham Centre, Foxhall Business Centre, 2 King Street, Nottingham NG1 2AS

Telephone 0115 9483849

Email [nottingham@dyslexiaaction.org.uk](mailto:nottingham@dyslexiaaction.org.uk)

Website [www.dyslexiaaction.org.uk](http://www.dyslexiaaction.org.uk)

Office hours Monday–Friday 8.30–3.30pm, although tuition might take place outside of these hours. Free half hour consultation to discuss difficulties. Fees charged for assessments and for specialist tuition. Bursaries available for families on low incomes, contact for more details.

Sheffield Centre, Knowle House, 4 Norfolk Park Road, Sheffield S2 3QE

Telephone 0114 2815905

Office hours Monday–Fri 9am–4pm. Free half hour consultation as above, Tuition takes place Monday to Thursday. There is a teaching outpost in Chesterfield contact Sheffield for details.

### Dyslexia Association

Sherwood House, 7 Gregory Boulevard Nottingham NG7 6LB

Helpline 0115 924 6888

Email [helpline@dyslexia.uk.net](mailto:helpline@dyslexia.uk.net)

Website [www.dyslexia.uk.net](http://www.dyslexia.uk.net)

Free advice via helpline. Screening, assessment and tuition available for children for which there are charges. Touch typing courses for children. Also services for adults.

## Behaviour difficulties/exclusion

Parents should try to resolve difficulties with the school initially. If you think your child has additional needs and these are not being met and are leading to behaviour problems then you could talk to Ask Us Nottinghamshire (details earlier in this section). See also the information in the *Health section* of this directory on emotional and behavioural difficulties (pages 27–34)

There is guidance on exclusions at [www.gov.uk](http://www.gov.uk) under *Childcare and Parenting*, then *Schools and Education* then *School Discipline and Exclusions*. ACE Education Advice has downloadable booklets on fixed period exclusion and permanent exclusion. There is a small charge for these. IPSEA can also give advice. You can find both these organisations

under *National Support Groups*, near the end of this section. Current guidance for schools is on the gov.uk website at [www.gov.uk/government/publications/school-exclusion](http://www.gov.uk/government/publications/school-exclusion)

‘Informal’ exclusions are unlawful. Ask Us Nottinghamshire (details earlier in this section) may be able to give you advice if this is happening frequently. While your child/young person is still of statutory school age they are entitled to full time education and this should be provided (except in cases of serious illness—see *Hospital and Home Education* further on in this section).

**In the city** there is information on the website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) under *Education and Schools, Problems at school* including downloadable booklets with sample letters for you to use. If your child is permanently excluded (or at risk of this), provision may be made through

### Denewood and Unity Learning Centres

113 Forest Road West, Nottingham NG7 4ES

Telephone 0115 9151271

Website [www.denewoodunitylc.co.uk](http://www.denewoodunitylc.co.uk)

Denewood provides education for Nottingham city pupils in school years 3–6 (ages about 7–11 years) who have been permanently excluded. Denewood also offers short term intervention places for pupils who are at risk of exclusion to work on their behaviour and hopefully avoid further exclusions.

Unity provides off-site alternative education for city of Nottingham pupils at school years 7–11 (ages about 11–16 years) who have been permanently excluded or those without a school place (for example because they have been home educated but cannot continue this or have recently arrived in this country).

The Centres aim to provide a caring environment and to re-integrate children into school where possible.

**In the county** there is information on the website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (search for *school exclusions*).

For primary aged pupils county schools could call on

### Primary Social and Emotional Difficulties Team

This team can help where a primary aged child is likely to be excluded. The school needs to initiate this and should have the contact details: if not they can access the service via the main council contact number.

For secondary pupils, schools have received devolved funding to make alternative provision to avoid permanent exclusion. ‘Families’ of secondary schools in a local area will work together to do this and might use an outside organisation such as Skillforce to work with young people on behaviour issues. A young person might be transferred for a short period to another secondary school—if your child’s school does this it is the school’s responsibility to provide transport if needed. If your child has had several fixed period exclusions and you are concerned about possible permanent exclusion talk to the school about what alternative provision might be available in the short term to work with your child. If you do have difficulties with ‘informal’ exclusions/only part-time education being offered by a county school and you cannot sort things out with the school you can get support from:

**The Early Help Unit**

Telephone 0115 8041248  
 Email [early.help@nottsc.gov.uk](mailto:early.help@nottsc.gov.uk)

If your child is permanently excluded, the school must notify the local authority who will arrange educational provision until a new school place is found.

In any area of the city or county, you can also suggest the school contacts:

**Think Children**

10 Albert Street, Newark, Nottinghamshire NG24 4BJ

Telephone 01636 676887  
 Email [think.children@tiscali.co.uk](mailto:think.children@tiscali.co.uk)  
 Website [www.thinkchildren.org.uk](http://www.thinkchildren.org.uk)

Charity working in school with children aged 4–11 years who have emerging social, emotional or behavioural difficulties. Can cover a range of issues eg. bullying, bereavement, low self esteem, parental separation. Think Children offers very early intervention at the onset of issues in the form of one to one work using play, for up to 12 sessions per child, with a specially trained facilitator. The Special Educational Needs Co-ordinator would normally refer the child with the parents' consent, but parents are welcome to contact Think Children direct or to ask a health visitor or social worker to refer the child. Think Children would need the consent of the child's school and sufficient funding to cover the costs—there is more information on their website.

**Hospital and home education services**

If a child is unable to attend school because of their medical needs, which may include mental health needs, the local authority must provide education unless the absence is 15 schooldays or less. If it is clear from the start of your child's absence that they will be away for a long period or that there will be recurring absences the authority should provide education from the start. The local authority should make sure your child continues to get a fulltime education unless part-time is better for their health needs. There is information on [www.gov.uk](http://www.gov.uk) under *Childcare and Parenting*, then *Schools and Education* then *Illness*. Your child's school must let the council know if your child is likely to be away from school for more than 15 school days and give them information about your child's needs, capabilities and the programme of work. They must also help them reintegrate at school when they return, make sure they're kept informed about school events and clubs and encourage them to stay in contact with other pupils, eg through visits or videos.

**County children:****Health Related Education Team (County)**

Fountaindale School, Nottingham Road, Mansfield, Nottinghamshire NG18 5BA

Telephone 01623 799157  
 Email [hretoffice@fountaindale.notts.sch.uk](mailto:hretoffice@fountaindale.notts.sch.uk)

Education for pupils temporarily unable to attend school for at least 15 days due to health-related reasons (including severe anxiety). Your child needs to be referred by their school or by hospital staff. The referral should be supported by a consultant or community paediatrician or, if the difficulty is severe anxiety, by the school's educational psychologist

or by the Child and Adolescent Mental Health Service. Children receiving extended treatment at King's Mill and Bassetlaw hospitals who are well enough to access education are also offered provision. For referral forms and further information please contact the team.

**City children and children who are in-patients at QMC or at Thorneywood Adolescent Unit:****Hospital and Home Education Learning Centre**

Thorneywood Education Base, Fairmead Close, Off the Wells Road, St Anns, Nottingham NG3 3AL

Website <http://hhelc-nottinghamcity.co.uk/>

This service includes:

**Home Education** (address above)

Telephone 0115 9153862

One to one teaching at home (up to 5 hours).

**Fairmead Group** (teaching in a classroom at the Thorneywood base for children in key stage 4 who are well enough to leave home but not well enough to return to their own schools. 12 hours a week.)

**Hilltop Group** which supports children aged 5-11 years with additional needs related to social and emotional well-being. Schools must refer to this and they will have to pay. Children attend for a personalised package of support for 2 to 4 days a week. This service covers the city.

**Adolescent Class** provides education for young people aged 12-18 who are in-patients of Thorneywood Adolescent Unit whether they are from the city or the county. Covers key stages 3, 4 and post-16. Works closely with the students' schools, aiming to keep them up to date with their own school work as far as possible.

**Nottingham Children's Hospital School**

Hospital School, E Floor, East Block, Queen's Medical Centre, Nottingham NG7 2UH

Telephone 0115 9709 753

Website [www.qmceducationcentre.co.uk](http://www.qmceducationcentre.co.uk)

Continuation of schooling while in hospital and liaison with child's school. Covers children on any hospital ward and from any geographical area. May be possible to offer education for a sibling where a family are staying far from home.

**Home education by choice ('elective')**

This is where you have chosen to educate your child at home rather than where the local authority is providing education at home for medical reasons. Parents should be aware that from summer 2015, young people must remain in education or training until their 18th birthday.

**Elective Home Education (City)**

LH Box 6, Loxley House, Station Street, Nottingham NG2 3NG

Telephone 0115 8764693

Email [electivehomeeducation@nottinghamcity.gov.uk](mailto:electivehomeeducation@nottinghamcity.gov.uk)

Information and advice for parents considering home education. There is also information on the website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) under *Education and Schools*.

**Elective Home Education Service (County)**

Telephone 0115 9772573  
 website [www.nottinghamshire.gov.uk/education/home-education/elective-home-education](http://www.nottinghamshire.gov.uk/education/home-education/elective-home-education)

Advice for parents considering home education and support to re-enter school system if you decide to stop home educating. It is also possible and legal for your child to attend school part-time and be home educated for the remainder provided the school head is in agreement. There is more information on the website address above.

**Education Otherwise**

Helpline 0845 4786345  
 Website [www.educationotherwise.net](http://www.educationotherwise.net)

Registered charity. Membership organisation providing information and support for families whose children are being educated outside school.

**Home Education Advisory Service**

P.O. Box 98 Welwyn Garden City, Herts AL8 6AN  
 Phone 01707 371854  
 Email [enquiries@heas.org.uk](mailto:enquiries@heas.org.uk)

**Support organisations/services**

See also *Ask Us Nottinghamshire* earlier in this section.

**ACE Centre North**

*Hollinwood Business Centre, Albert Street, Hollinwood, Oldham OL8 3QL*

Telephone 0161 3580151  
 Freephone Advice Line 0800 080 3115  
 Email [enquiries@acecentre.org.uk](mailto:enquiries@acecentre.org.uk)  
 Website [www.acecentre.org.uk](http://www.acecentre.org.uk)

Provide help and expertise in the field of Augmentative and Alternative Communication (AAC) and Assistive Technology (AT). Downloadable information sheets. Free one hour appointments for specific advice are available during monthly information days.

**ACE Education Advice**

Helpline 0300 0115 142 (standard landline charges) Mon–Wed  
 10am to 1pm

Website [www.ace-ed.org.uk](http://www.ace-ed.org.uk)

Community interest company offering independent advice and information for parents on education issues. Booklets to download for which there is a small charge, on admissions, appeals, exclusions etc.

**Alliance for Inclusive Education**

*336 Brixton Road London SW9 7AA*

Telephone 0207 737 6030  
 Email [info@allfie.org.uk](mailto:info@allfie.org.uk)  
 Website [www.allfie.org.uk](http://www.allfie.org.uk)

Lobbies for change to ensure inclusive education is a right for all. Promotes understanding of the benefits of inclusive education. Back copies of *Inclusion Now* magazine can be viewed on the website.

**Centre for Studies on Inclusive Education (CSIE)**

*The Park Centre, Daventry Road, Knowle, Bristol BS4 1DQ*

Telephone 0117 3533150  
 Email [admin@csie.org.uk](mailto:admin@csie.org.uk)  
 Website [www.csie.org.uk](http://www.csie.org.uk)

Registered charity which aims to promote equality and eliminate discrimination in education. Provides online information about inclusive education and related issues. Publications.

**IPSEA**

*Hunters Court, Debden Road, Saffron Walden CB11 4AA*

Telephone 0800 018 4016 or 01799 526 (general advice line Mon–Fri  
 10–4 and also Tue–Thurs 7–9 pm)

Tribunal Help Line 0845 602 9579  
 Website [www.ipsea.org.uk](http://www.ipsea.org.uk)

Information Service provides information on education law—fill in a form on the website for an email reply within 3 days. Advice line gives free and independent legally based special educational needs advice. Downloadable advice sheets and sample letters.

## Children's Social Care Services

Children's social care services in Nottingham and Nottinghamshire provide support for those who are eligible, following an assessment of their needs.

For information about the services, see

**Nottingham City** [www.nottinghamcity.gov.uk/article/22110/Childrens-Social-Care-Services](http://www.nottinghamcity.gov.uk/article/22110/Childrens-Social-Care-Services)

**Nottinghamshire** [www.nottinghamshire.gov.uk/care/childrens-social-care](http://www.nottinghamshire.gov.uk/care/childrens-social-care)

## Getting help from Children's Disability Services

If your child is under 18 years of age and has a disability, they will need an assessment to find out what kind of support and care they need from Children's Social Care Services. This is a requirement set out in the Children and Families Act 2014. As a parent/carer your needs will also be assessed because the assessment will look at the needs of your family as a whole. To arrange an assessment, you (or your doctor, health visitor etc) can contact

### Nottingham City:

*Disabled Children's Team, Mary Potter Centre, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY*

Telephone 0115 883 8266

Fax 0115 883 8260

Mobile 07939 495081

Email [disabledchildren.team@nottinghamcity.gov.uk](mailto:disabledchildren.team@nottinghamcity.gov.uk)

Occupational therapists from the Team can be contacted on the number above but some will be based at:

*Disabled Children's Occupational Therapy, Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8EW*

### Nottinghamshire:

*Integrated Children's Disability Service, Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TB*

Telephone (Meadow House) 0115 8041275 ask for Children's Disability Service or

Telephone (Nottinghamshire County Council) 0300 5008080

During the assessment a worker will ask you and, wherever possible your child, some questions about:

- your child's development
- how you look after your child
- your wider family, community and environment.

The assessment is not a test of your parenting skills, but looks at any difficulties your family has as a whole.

If the assessment shows that your child/family needs support, a care plan will be developed which will include services needed to support both you and your child, and information about how they might be funded (see *Direct Payments* and *Personal Budgets*, below). These are some of the services which may be provided if your child/family is eligible:

- after school and holiday clubs
- sitters and befrienders

- support for parents and carers
- activity groups for other children in your family
- short breaks for disabled children
- aids, equipment and adaptations to your home
- personal care such as getting up in the morning or ready for bed in the evening
- independent travel training

## Direct Payments and Personal Budgets

Further information about Direct Payments and Personal Budgets is available in the *Money Matters* and *Transition* sections of this directory.

### Direct Payments

Children (0–19 years) and their families who are assessed as being eligible for support from social care, may wish to arrange and pay for their own care and services, instead of receiving them directly from the local council. Direct Payments enable this, giving greater flexibility and choice of when support should be provided and by whom. E.g. a friend may be able to provide a service they need, or the family may want to employ someone or buy a service from an organisation. They may wish to arrange support for their child on holiday, or help their child access activities. Families who want help at any point, with recruiting and paying employees will be given the advice and support they need.

Note that Direct Payments provide an alternative means of receiving services. They do not count as income and do not affect tax or benefits.

### Personal Budgets

Personal budgets set out the amount of money available to meet a child's needs, which have been agreed following an assessment.

The budget may be managed in the following ways:

- Direct Payment (see above)
- Notional Budget where the funding is held by the local authority.
- Managed personal budget where an individual or an organisation look after the funding on behalf of the family, and arrange the support required.
- Mixed personal budget—a combination of the above.

For more information about direct payments and personal budgets contact:

**City:** Disabled Children's Team (details above)

Telephone 0115 876 3500

Email [direct.payments@nottinghamcity.gov.uk](mailto:direct.payments@nottinghamcity.gov.uk)

**County:** Children's Disability Service (details above)

## When more help is needed

If you, or someone who works with your child would like your child to receive extra support, and help from more than one agency, the following may be used:

- Common Assessment Framework (CAF) in the City or
- Early Help Assessment Form (EHAF) in the County



## Common Assessment Framework (CAF)

With your agreement (and that of your child), a social worker will ask you some questions to find out what additional help and support your child might need.

With your consent and once it is agreed with you and your child, this information will be recorded on the CAF form, and you will be given a copy. The information will help to identify your child's additional needs, and the other professionals needed to support them. The CAF allows information about your child to be shared with the professionals who need it, without you having to repeat it or take part in several different assessments. However, you are not guaranteed to receive services. The CAF is a 'request for services' rather than a referral, and provision will still depend on budgets, waiting lists etc.

If a number of different agencies are required to meet your child's needs then a 'lead professional' may be identified to coordinate services, keep you informed and offer you support. The CAF process should mean that everyone involved with your child—such as teachers and health visitors—works together, and the right support can be put in place at an early stage before your child's needs increase.

## Early Help Assessment Form (EHAF)

The Early Help Assessment Form is based on the Common Assessment Framework (above). It encourages children and families to be involved in agreeing the changes which need to be made and the interventions and support required to bring them about. The EHAF enables professionals to assess a child's needs and make referrals to other services if required.

Professionals log the start and completion of the EHAF with the

### Early Help Unit.

*Early Help Unit, Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TB*

Telephone 0115 8041248 9am to 4.30pm Monday to Friday

Email [early.help@nottscg.gov.uk](mailto:early.help@nottscg.gov.uk)  
(from a secure e-mail address), or  
[early.help@nottscg.gov.uk](mailto:early.help@nottscg.gov.uk)  
and password protect any confidential information

## Support for vulnerable young people and families

### City: Children and Families Direct

Telephone 0115 8764800 (8.30am–5.00pm)

Email [candfdirect@nottinghamcity.gcsx.gov.uk](mailto:candfdirect@nottinghamcity.gcsx.gov.uk)

“One stop” advice and information about family support (including Targeted Support) and safeguarding services within Nottingham City

### City: Outreach Service (Crocus Fields)

Telephone 0115 915 3881.

Email [crocusfieldsoutreach@nottinghamcity.gov.uk](mailto:crocusfieldsoutreach@nottinghamcity.gov.uk)

Supports disabled children and young people (0–19 years old) whose difficulties with everyday life are having an impact on their development and family life, or presenting a risk to themselves or others. The kind of things they may need help with include:

- Public transport and other skills to develop independence
- Personal care skills
- Routines e.g. bedtimes, activities
- Managing behaviour
- Play skills
- Interaction

Following referral from the Disabled Children's Team or CAF Lead Professional, a home visit will be arranged to carry out an initial assessment with the disabled child and their family. A plan, tailored to their needs is then developed for the child and family. The team will work with the family over a six week period aiming to identify their own strengths and resources, and building on these to find practical solutions to the problems.

### City: Youth Offending Team

Telephone 0115 915 9400

The Youth Offending Team (YOT) includes staff from a range of agencies. Their aim is to prevent offending and reduce re-offending by children and young people, by putting interventions in place and supporting young people to take up opportunities to improve their life skills.

### County: The Family Service

The Family Service offers support to children and young people aged 5-18 and their families who need intensive support. The service can provide a wide range of group parenting programmes, help with school attendance difficulties, help where young people have problems with drugs or alcohol, help for young people who are homeless and for those at risk of becoming homeless. It can give advice where young people aged 16-17 years are NEET (not in education employment or training) or where they are at risk of becoming NEET. The service can provide one to one interventions for young people (eg. anger management, risk awareness, classroom behaviour). The service can support young carers and kinship carers. It does not work directly with children who are under 5 but works in partnership with Children's Centres who offer interventions for this age group. The service has 3 teams: North covering Bassetlaw, Newark and Sherwood, West covering Mansfield and Ashfield, South covering Broxtowe, Gedling and Rushcliffe. Families can self refer by contacting the Early Help Unit below, professionals can make the referral for you by completing an EHAF form. The Family Service also has workers who can offer support and advice to professionals in 'universal' settings (eg. schools) to support children and families who do not meet the threshold for more intensive support.

To make a referral to The Family Service, contact the

*Early Help Unit, Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TB*

Telephone 0115 8041248 (Mon–Fri 9am–4.30pm)

Email [early.help@nottscg.gov.uk](mailto:early.help@nottscg.gov.uk) ( from a secure e-mail address), or [early.help@nottscg.gov.uk](mailto:early.help@nottscg.gov.uk) and password protect any confidential information

### County: The Youth Justice Service

The Youth Justice Service works with children and young people aged between 10 and 18, with the aim of preventing them from offending and re-offending. The service includes representatives from a wide range of agencies. They ensure that young people

take responsibility for their actions and offer help and support if there are any personal issues like family background or friends that make re-offending more likely. They look at ways to help the young person change their behaviour, and guide them towards opportunities such as education, training, or learning new skills. Teams are based across the county, and referrals are via the court and criminal justice system.

#### **Gedling, Broxtowe & Rushcliffe**

*Trent Bridge House, Fox Road, West Bridgford, Nottinghamshire NG2 6BJ*

Telephone 0115 9774774

#### **Mansfield and Ashfield**

*Lawn View House, Station Road, Sutton in Ashfield, Nottinghamshire NG17 5GA*

Telephone 0115 8040347

#### **Newark & Bassetlaw**

*Thoresby House, Darwin Drive, Sherwood Energy Village, New Ollerton,*

*Nottinghamshire NG22 9FF*

Telephone 0115 8041235

## **Support for children who are adopted or fostered, and their families**

### **Support after adoption (County)**

Support for people who live in Nottinghamshire and for families who have adopted a Nottinghamshire child, for three years after the adoption order. Advice, information and counselling for people who:

- are the parents of adopted children
- have been adopted
- are the birth relatives of adopted children
- are members of a family who have adopted and are experiencing difficulties.

Telephone	0115 8041125 (Mon–Thu 8.30am–5pm Fri 8.30am–4.30pm)
Out of hours advice service	0800 085 8995 (Mon–Fri 6–10pm Weekends/bank holidays 10am–10pm)
Emergency Duty Team	0300 456 4546 (Mon–Fri 5am–8.30am Weekends 4.30pm Fri to 8.30am Mon)
Email	<a href="mailto:support.afteradoption@nottscg.gov.uk">support.afteradoption@nottscg.gov.uk</a>

### **Support for foster carers (County)**

There are different types of fostering arrangements, including long or short term, fostering older children, children with disabilities etc. Ongoing support is provided for carers including financial allowances, training, local support groups, access to family workers, out of hours telephone support and emergency duty team etc

For more information about fostering contact the council on 0300 5008080

## **Support around adoption (City)**

### **Fostering and Adoption Service (City)**

*2-6 Isabella Street (3rd Floor) Nottingham NG1 6AT*

Telephone 0115 9151234 (Mon–Fri 8:30am–5pm)

Email [fa.info@nottinghamcity.gov.uk](mailto:fa.info@nottinghamcity.gov.uk)

Website [www.nottinghamcity.gov.uk/love](http://www.nottinghamcity.gov.uk/love)

Details about who can adopt. Information, training and support for adopters and foster carers.

### **Nottingham City Post (Adoption) Order Service**

Service offering advice and support for all those affected by, or involved with adoption, special guardianship and Residence Orders. Also runs a letterbox scheme, providing a confidential means for adoptive families and birth families to exchange information on behalf of adopted children. The Adoption Services Support Advisor (ASSA) can give advice and information to people affected by adoption.

Telephone 0115 8762696

Website [www.nottinghamcity.gov.uk/postorder](http://www.nottinghamcity.gov.uk/postorder)

### **Support for Foster Carers (City)**

There are different types of fostering arrangements including short term, long term, holidays, emergency, short breaks or permanent. The Fostering and Adoption Service (above) provides a wide range of support (including out of hours) for foster carers.

### **Private Fostering (County and City)**

Private fostering is an arrangement where a child or young person (below the age of 16, or 18 if disabled) lives with someone who is not a close relative, legal guardian or someone with parental responsibility for them, for over 28 days.

The arrangement may have been put in place where a parent is admitted to hospital for example. It is not the same as fostering arranged by the local authority, but the authority still has a legal duty to make sure that children are protected and their needs are being met. The local authority provides support and advice to parents, carers and children who are privately fostered.

If you are a private foster carer, or you are thinking about placing your child with a private foster carer, contact

### **County: The Multi-Agency Safeguarding Hub (MASH)**

Telephone 01623 520260

Email [privatefostering@nottscg.gov.uk](mailto:privatefostering@nottscg.gov.uk)

### **City: Children's Social Care**

Telephone 0115 915 5500

## **Aids, Equipment and Adaptations to your home**

Following a needs assessment, occupational therapists from the Disabled Children's Team (city) or Children's Disability Service (county) can provide appropriate equipment for the home, to help with seating, mobility, toileting, dressing, food preparation etc. In the County a short-term equipment loan service is also available, see pages 184–185 of this directory.

Depending on your child's needs, you may need some adaptations to your home, for example making doorways wider, improving room layouts to make features more accessible, additional ramps to help with wheelchair access etc. An occupational therapist will carry out an assessment to look at what needs to be done.

You may qualify for a **Disabled Facilities Grant** (for details see page 174 of this directory), and the occupational therapist can assist you with your application. Owners and tenants can apply for the grant. You should not arrange to start any of the work involved with an adaptation, until the grant is approved. If you live in council owned accommodation, you may still be able to get adaptations to your home, but they may be funded differently.

In the city, once adaptations have been agreed, occupational therapists refer the details to the Adaptations Agency, who will contact you to arrange the adaptation.

## Information and Support for Carers

See *Support for Carers* in the *Transition* section of this directory on pages 242–243

### Children's Disability Register

This is a register of children and young people (0–25 years) with disabilities who live in the city or the county. The register is voluntary and is used by the City and County councils to plan services and listen to the needs of families via consultations. Parents need to register their children by completing a registration form. Their personal details will be treated as confidential. Once registered, families will receive a regular magazine which includes articles and lists of local events and activities for children and young people. More details from

#### IRIS Project

NCVS 7, Mansfield Road, Nottingham NG1 3FB

Telephone 07827 938966  
Email [contactus@askiris.org.uk](mailto:contactus@askiris.org.uk)  
Website [www.askiris.org.uk](http://www.askiris.org.uk)

Parents living in the city can sign up online if they wish via Nottingham City Council:

Website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

(go to *Children & Families*, *Children with Disabilities*, *Local Offer*, *Children's Disability Register*)

### Short Breaks

Local authorities have a statutory duty to provide Short Breaks. Details of the different short breaks services which might be provided are included in the *Play* section, page 124. They provide opportunities for disabled children and young people to spend time away from their main carers, meet new friends, enjoy play, sport, fun and leisure activities in the same way as non-disabled children. Parents and carers also benefit from having a break from constant caring and some time to themselves to pursue their own interests.

Short Breaks include day, evening, overnight or weekend sessions, and take place in the child's own home, a community setting, the home of an approved carer or a residential unit.

## Transition to adult social care services

Some of the services available for families and young people at the time of transition are included in the *Transition* section on page 208 of this directory.

## Contacting your local Children's Social Care Service

### County of Nottinghamshire

#### Ashfield, Broxtowe, Gedling, Rushcliffe

Home Brewery Building, Sir John Robinson Way, Arnold, Nottingham NG5 6DB

#### Mansfield, Newark, Bassetlaw

Welbeck House, Darwin Drive, Sherwood Energy Village, Ollerton, Newark, Nottinghamshire NG22 9FF

Telephone 0300 500 8080 (for either office)

### City of Nottingham

Children and Families, Nottingham City Council, Loxley House, Station Street, Nottingham NG2 3NG

Telephone 0115 915 5500  
Email [childrens.services@nottinghamcity.gov.uk](mailto:childrens.services@nottinghamcity.gov.uk)

### Emergency contact numbers out of hours

County Social Services 0300 456 4546 (5.30pm–8am Mon–Fri and bank holidays)

City Children and Families Service 0115 8761000 (8pm–8.30am Mon–Thu and 8pm Fri–8.30am Mon)

## Parent forums/groups and voluntary services

Many groups, especially if national, are on Facebook & Twitter (links on their websites). To save space we only show Facebook/Twitter addresses for local groups where applicable.

### Parent Forums

#### Nottinghamshire Participation Hub (NPH)

c/o APTCOO, Unit 15, Botany Park, Botany Avenue, Mansfield, Notts. NG18 5NF

Telephone 01623 629902  
 07751 776483 (South Sub Hub)  
 07751 776472 (North Sub Hub)  
 07751 776478 (Central Sub Hub)  
 07751 776481 (East Sub Hub)  
 Email [enquiries@nphub.co.uk](mailto:enquiries@nphub.co.uk)  
 Website [www.nphub.co.uk](http://www.nphub.co.uk)

Nottinghamshire Participation Hub (NPH) is the countywide forum for parent carers of children and young people with an additional need and/or disability. They champion the voice of parents and carers across Nottinghamshire to shape services for others. The forum welcomes any new members and holds meetings across the county which are led by other parent carers. The aim of the forum is to:

- Develop meaningful participation and engagement opportunities
- Share information about services and providers
- Represent the views from across the whole county of Nottinghamshire
- Empower parents and carers to have an understanding and active voice in shaping local, regional and national services

NPH is not a support group but can help signpost people to the relevant agency.

#### Rainbow Parents Carers Forum

7 Mansfield Road, Nottingham NG1 3FB

Telephone 0115 9348451 or 07837278981  
 Email [admin@rainbowpcf.org.uk](mailto:admin@rainbowpcf.org.uk)  
 Facebook [www.facebook.com/Rainbow-Parents-Carers-Forum](https://www.facebook.com/Rainbow-Parents-Carers-Forum)  
 Twitter @RainbowPCF  
 Website [www.rainbowpcf.org.uk](http://www.rainbowpcf.org.uk)

A support group and independent voice for parents/carers who have a child with a disability or additional needs. Hosts regular inclusive family activities including 2 monthly support sessions with peer advice and support on education, health, social care matters:

**Rainbow 1** meets on the 2nd Saturday monthly 2–3.55pm at the *Monty Hind Youth Club, Leen Gate, Lenton, Nottingham NG7 2LX*. **Rainbow 2** meets on the 4th Saturday monthly 2–3.55pm at the *Pearson Centre, Beeston*. These run parallel to an inclusive play session supervised by play workers. Rainbow Parents Carers Forum aims to work together with the local authority as equal members, participating and influencing local decision making for children, young people and their families. Also organises annual marketplace event with speakers and workshops, regular parent surgeries, family swimming at Bramcote Leisure Centre monthly on Sundays and a Parent to Parent (P2P) line every Wednesday 10am–1pm with telephone advice and face to face advice appointments (must be booked).

## General support groups

Local and national groups giving advice on a range of issues for children with any disability.

### Local

Some of the Children's Centres run groups for children with disabilities and their parents—see the list of Centres in the *Early Years and Childcare* section of this directory—and as groups at Children's Centres change on a regular basis, it is worth contacting your local Centre to see if there are new groups.

You may also be able to meet other parents/support staff at the preschool groups at Carlton Digby and Fountaindale Schools and the Baby Group at the Children's Development Centre (under *Play for preschool children* in the *Early Years and Childcare* section of this directory)

#### A Place to Call Our Own (APTCOO)

Unit 15, Botany Park, Botany Avenue, Mansfield, Nottinghamshire NG18 5NF

Telephone 01623 629902  
 Email [enquiries@aptcoo.org](mailto:enquiries@aptcoo.org)  
 Facebook [@APTCCOO](https://www.facebook.com/pages/A-Place-To-Call-Our-Own-Ltd-APTCOO)  
 Twitter @APTCCOO  
 Website [www.aptcoo.co.uk](http://www.aptcoo.co.uk)

One to one support for parents. Range of groups for children and young people, parents, siblings (see later this section under *Support for brothers and sisters*). Sensory room, toy library, chillax room, accessible gardens, room hire. Two adapted holiday caravans at Butlins, Skegness for rent. Courses for adults in association with Vision West Nottinghamshire College.

Groups (July 2016) include:

**Time for Us** parent led support group Tuesdays 9.30–11.30am

**Preschool group** Wednesdays 10am–12pm

**5–10 year olds** on Wednesdays 4–6pm

**Youth club** on Mondays, Wednesdays and Thursdays 6.30–8.30pm (11–13 year olds)

**Wicked Workshops** for young people on Saturdays 11am–1pm alternating with Lego Play 10–11.30am

**Parents Forum** monthly on Thursdays 10am–12pm

**A Voice to Call our Own** sessions for young people (14–25 year olds) Tuesdays 7–9pm

**Moving On, Moving Up** on Wednesdays 7–9pm for ages 16 up at Learn Work and Earn Centre 79 Sandy Lane NG18 2LT

Timetables, details of special events available from the website and from Facebook.

#### APTCOO North

Sessions run at *Stephen House, 40 Chapelgate, Retford, Nottinghamshire DN22 6PJ*

Contact via APTCCOO above.

Children's club ages 5–10 at Mondays 4–6pm, Youth club ages 11–13 Mondays 6:30–8:30pm

**Siblings Group**

*Meets at Hope House School, Barnby Road, Newark, Nottinghamshire NG24 3NE*

Telephone 07904217652 (Club and Befriending Manager)

Alternate Wednesdays 5–6.30pm

**EFAST (Epic Friends and Support Team)**

*Learn Work and Earn Centre, 79 Sandy Lane, Ravensdale, Mansfield NG18 2LT.*

Run by APTCOO (above). A group for young people experiencing difficulties related to their emotional health, education and well being. 4–6pm Wednesdays.

**Butterfly Project**

*Barnardo Cavendish Lodge, 10 Devonshire Avenue, Beeston, Nottinghamshire NG9 1BS*

Telephone 0115 9575300

A service for children and young people (up to the age of 18) with a life-limiting condition and their family/carers, including siblings. Home visits and one to one support, parents group, siblings group with fun activities etc.

**The Carers Federation Ltd**

*Christopher Cargill House 21-23 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 9629310 (main office)

Twitter @CarersFed

Website www.carersfederation.co.uk

Offers support to adult carers and young carers in Nottingham city (services for young carers are listed further down in this section on page 120–121). Also provides some commissioned services for adult carers in the county.

**Carers First** 0115 9629369 (city only)

Provides practical and emotional support to carers in Nottingham City. Drop-in Mon 9am–12pm to speak to a support worker. *Caring with Confidence* courses.

**Carers Trust East Midlands (formerly Crossroads)**

Telephone Carers HUB 0115 8248824

Email hub@carerstrustem.org

See *Transition* section of this directory page 242 Covers Notts. outside the city.

**Family Lives**

*c/o Playworks, Alfred Street North, Nottingham NG3 1AE*

Telephone 0115 8967700 (Tue/Thu 10am–4pm)

Free confidential befriending scheme for parents experiencing high levels of stress.

Nottingham City only. Parents can self refer or workers can refer with parents' consent.

National helpline 0800 800 2222 (24 hour, all year) Free.

Website www.familylives.org.uk

Forums, live online chat and online parenting courses. Support with all aspects of family life including breakup and step families. Leaflets to download. Youtube videos on parenting, behaviour at different ages etc.

**Foxwood Parents Support Group**

*Foxwood Academy, Derby Road, Bramcote, Nottinghamshire NG9 3GF*

Normally meets 1st Friday of the month at 2:30pm in school bungalow. For parents/carers of students at Foxwood.

**Friends 4 Support**

Email info@friends4support.co.uk

Website www.friends4support.co.uk

Monthly meetings at Zone Out, Worksop Library Weds 10am–12pm. For parents of children with disabilities in Bassetlaw. Child does not need to have a diagnosis.

**Hallcroft Hands**

Telephone 01777 712950 (Hallcroft Children's Centre)

Facebook www.facebook.com/Sure-Start-Bassetlaw

Drop in and play session in Retford for families with child with a disability 0–12.

Monthly on Saturdays.

**Kool Kids**

Facebook www.facebook.com/coolkidscomic

Families with children/young people with disabilities who work together to help each other. Meet monthly on 1st Sunday. Extra sessions and days out during holidays. Central Nottinghamshire.

**More Cheers Less Tears**

*Meets at William Lilley Infant and Nursery School, Halls Road, Stapleford, Nottingham NG9 7FS*

Telephone 0115 9179277

Email mclt@hotmail.co.uk

Facebook facebook.com/mcltgroup

SEND Support Group for parents and carers of children with extra needs, disabilities and behavioural issues

up to the age of 11. Meets the last Thurs of month at 2pm in the community room. Aimed at parents/carers from William Lilley and linked schools (Fairfield and George Spencer) but not exclusive, everyone is welcome.

**Netherfield Primary School**

*Chandos Street, Netherfield, Nottinghamshire NG4 2LR*

Telephone 0115 961 0580.

Support group for parents of children with disabilities once a term on Fridays. Contact for further details.

**Newark and Sherwood Coffee and Chat**

*Young People's Centre, Windsor Road, Newark Nottinghamshire NG24 4HX*

Telephone 07808345211 (Laura)

For parents with a child with any disability. 3rd Thursday of month drop in 9.30–11.30am (dates may change in school holidays).

**Newark Support Group**

*Newark Evangelical Church, Portland Street, Newark, Nottinghamshire NG24 4XD*

Email still.smiling.newark@gmail.com

New group—name may change. For parents/carers of children with additional needs.

Monthly on Fridays 10am–12noon.

**Nottingham Mencap***Harpden House, 203 Edwards Lane, Sherwood, Nottingham NG5 3JA*

Telephone 0115 9209524

Email [info@n-mencap.org](mailto:info@n-mencap.org)Facebook [www.facebook.com/pages/Nottingham-Mencap](http://www.facebook.com/pages/Nottingham-Mencap)Website [www.nottinghammencap.org.uk](http://www.nottinghammencap.org.uk)

Services include an informal carers group for carers of children and adults with learning disabilities which meets approximately monthly on Thurs 10.30am–12.30pm at:

*Ormiston House, 32-36 Pelham St, Nottingham NG1 2EG.***Outwood Academy Parent Group***Outwood Academy, Valley Road, Worksop, Nottinghamshire S81 7EN*

Telephone 01909 475121

A parent group supporting parents of children attending this school or its feeder primaries is currently running (Feb 2016) with meetings every few months. Speakers. Further enquiries via school or via Information Service on 0115 8831157/58

**Parents and Carers Support Group***Rumblum Café, 2a Victoria Street, Kimberley, Nottingham NG16 2NH*

Telephone 0115 9384953

Email [rumblumscafe@btconnect.com](mailto:rumblumscafe@btconnect.com)Facebook [www.facebook.com/rumblumtum](http://www.facebook.com/rumblumtum)

Twitter @Rumblumtum

Website [rumblumtum.org.uk](http://rumblumtum.org.uk)

Group for parents/carers of young people with learning disabilities. Meets on last Wednesday of the month at 9:45am. Guest speakers occasionally. Does not run in school holidays. Dates should be in events section on website or phone for details.

**Parents Support Group (Hucknall/Edgewood Family of Schools)***John Godber Centre, Ogle Street, Hucknall, Nottinghamshire NG15 7FQ*

Meets on a Tuesday morning every half term. If your child's school is part of this group, your SENCO should have details. Meetings are organised by the Family SENCO based at Edgewood Primary School.

**Shining Minds ASD Support Group***Meets at Fairfield Primary Academy, Toton Lane, Stapleford, Nottingham NG9 7HB*

Telephone 01159179266

Email [shiningmindsgroup@hotmail.com](mailto:shiningmindsgroup@hotmail.com)Facebook [www.facebook.com/shiningmindsgroup](http://www.facebook.com/shiningmindsgroup)

For parents and carers of children with extra needs, disabilities and behavioural issues between the ages of 7 and 16. Last Tuesday of the month at 9.15am. The meeting is aimed at parents/carers from Fairfield and linked schools (William Lilley and George Spencer) although it is not exclusive, everyone is welcome.

**Relate Nottinghamshire***96 Mansfield Road, Nottingham NG1 3HD*

Telephone 0115 9584278

Email [info@relate-nottingham.org.uk](mailto:info@relate-nottingham.org.uk)

Facebook

[www.facebook.com/relatenottingham](http://www.facebook.com/relatenottingham)

Website

[www.relate-nottingham.org.uk](http://www.relate-nottingham.org.uk)

Services include relationship counselling, family therapy, and sex therapy. Counselling for children and young people. Open Mon–Thu 9am–9pm, Fri 9am–3pm. Some Asian languages spoken. Telephone counselling also available. Charges for services but reduced for people on low incomes.

**SEND Support Drop In***Bulwell Children's Centre, Steadfold Close, Bulwell, Nottingham NG6 8AX*

Telephone 0115 8762220

Support for parents whose children have additional educational and development needs. Monthly on Thursday mornings 9–10.30am (July 2016). Updated programmes can be found at [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) under *Children and Families, Children's Centres*.

**Sew and Chat Group***Gedling Play Forum, Community Centre, Wollaton Avenue, Gedling, Nottinghamshire NG4 4HX*

Telephone 0115 9560673

Facebook [www.facebook.com/GedlingPlayForum](http://www.facebook.com/GedlingPlayForum)

Meets fortnightly, alternates between Thurs and Tues. 10.30am–12.30pm Phone to book a place. Dates are on facebook page.

**Special Kids Nottingham**

Telephone 07817 634374 (Julie Rastall)

Email [julierastall@gmail.com](mailto:julierastall@gmail.com)

Support group for parents of children with any disability. Meets first Monday of the month at the Punchbowl on Porchester Road, Mapperley 6.30–8.30pm. Social evening with chance to relax and chat to other parents. Look for the teddy on table to find the group. Also run Sky Club (see *Play Leisure and Short Breaks* section of this directory)

**Special Moments***Clifton Children's Centre, Dovecote School Campus, Greencroft, Clifton, Nottingham NG11 8EY*

Telephone 0115 8762625

Meets last Wednesday of every month 9.30–11.30 for parents of children (including school aged children) with additional needs.

**Westgate Group**

Telephone 01636 813988 (Julie Payne) 01636 813210 (Pati Colman)

Email [kidsoverflow@hotmail.co.uk](mailto:kidsoverflow@hotmail.co.uk)

Family orientated self help group which organizes informal activities for families with a member with disabilities living in Southwell and surrounding area.

**National****Action for Sick Children***32b Buxton Road, High Lane, Stockport SK6 8BH*

Telephone 0800 0744519 or 01663 763004

Website [www.actionforsickchildren.org.uk](http://www.actionforsickchildren.org.uk)

Campaigns for children's rights in hospital and for improvements in health services for children and young people. Supports families and professionals to ensure children get best standard of care. Dental playbox project.

### The Ann Craft Trust

*Centre for Social Work, University of Nottingham, University Park Nottingham NG7 2RD*

Telephone 0115 9515400 (Mon–Thu 9am–5pm, Fri 9am–4pm)

Email [ann-craft-trust@nottingham.ac.uk](mailto:ann-craft-trust@nottingham.ac.uk)

Website [anncrafttrust.org](http://anncrafttrust.org)

ACT is a charity which supports the statutory, independent and voluntary sectors from across the UK to protect disabled children and adults at risk. Can provide training, workshops etc. Provides advice to anyone who has a query about the protection of vulnerable children and adults, including parents, carers and family members and professionals.

### ARC (Antenatal results and choices)

*345 City Road, London EC1V 1LR*

Telephone 0845 077 2290 or

0207 713 7486 from a mobile (Mon–Fri 10am–5:30pm)

Email [info@arc-uk.org](mailto:info@arc-uk.org)

Website [www.arc-uk.org](http://www.arc-uk.org)

ARC offers non-directive information and support to parents who are making decisions before, during and after antenatal tests. Long term support (whatever decision the parents make) is available through the helpline or through password-protected internet forums or face to face meetings. There is a network of volunteer parent contacts. Regular newsletters. Publications for parents, grandparents and a booklet about talking to children.

### Carers UK

Adviceline 0808 808 7777 (free from landlines and certain mobile networks—Oct 15)

Website [www.carersuk.org](http://www.carersuk.org)

Advice on benefits, carers assessments, carers' employment rights, campaigns on behalf of carers including parent carers.

### Challenging Behaviour Foundation

*The Old Courthouse, New Road Avenue Chatham Kent ME4 6BE*

Family support line 0300 666 0126

General enquiries 01634 838739

Email [info@theCBF.org.uk](mailto:info@theCBF.org.uk)

Website [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

The Foundation's vision is that individuals with severe learning disabilities who have challenging behaviour can enjoy the same life opportunities as everyone else. Works to improve understanding of challenging behaviour, support families and help people to provide better services. Positive Behaviour Support study pack for schools. Workshops to reduce challenging behaviour. Covers children and adults.

### The Couple Connection

Website [www.thecoupleconnection.net](http://www.thecoupleconnection.net)

Website created by One Plus One, a registered charity, which aims to help couples improve and strengthen their relationship. Includes a section on having a child with additional needs and a message board to discuss issues with other parents. Live chat with a counsellor from 9–10pm each night.

### ERIC—Enuresis Resource and information Centre

*36 Old School House, Britannia Road, Kingswood, Bristol BS15 8DB*

Telephone 0845 3708008 Not free (Mon–Thu 10am–2pm)

0117 3012100 (Customer services)

Email [helpline@eric.org.uk](mailto:helpline@eric.org.uk)

Website [www.eric.org.uk](http://www.eric.org.uk)

ERIC is a national charity providing information, support and resources to children, young people, their families and professionals on bladder and bowel problems e.g. bed-wetting, daytime wetting and soiling, toilet training for children with disabilities etc. Sells a range of products to help with wetting, soiling. Downloadable guides for parents, message boards. Bespoke training for groups of parents or professionals (there is a charge).

### Gingerbread

*520 Highgate Studios, 53–79 Highgate Road, London, NW5 1TL*

Helpline 0808 802 0925 (Mon 10am–6pm, Tue, Thu, Fri 10am–4pm, Wed 10am–1pm, 5–7pm)

Website [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

Expert advice and practical support for single parent families. Factsheets to download. There are forums on the website for single parents with disability issues and for single dads. Tool to check whether you might be affected by the benefits cap (under *Advice and Information, Money, Benefits Cap*). Information on benefits for teenage parents.

### Newlife Foundation

*Newlife Centre, Hemlock Business Park, Hemlock Way, Cannock, Staffs. WS11 7GF*

Helpline staffed by nurses 0800 9020095 (Mon–Fri 9:30am–5pm, 7pm on Weds)

Telephone 01543 462 777

Website [www.newlifecharity.co.uk](http://www.newlifecharity.co.uk)

Support for families with children with any disability, live nurse chat on website, grants for families (see *Money matters* section), Sensory Box loans of play equipment relevant to the child's age and needs.

### Scope

*6 Market Road, London N7 9PW*

Helpline 0808 800 3333 (9am–5pm weekdays)

Email [helpline@scope.org.uk](mailto:helpline@scope.org.uk)

Website [www.scope.org.uk](http://www.scope.org.uk)

Scope offers range of information for families with a child with a disability, for young people and for adults with disabilities. Campaigns to make the country a place where disabled people have the same opportunities as everyone else.

### Through the Roof

*PO Box 353, Epsom KT18 5WS*

Telephone 01372 749955

Email [info@throughtheroof.org](mailto:info@throughtheroof.org)  
 Website [www.throughtheroof.org](http://www.throughtheroof.org)

Christian based charity aiming to equip churches to be inclusive of families affected by disability. Information, resources and training. Support families and disabled individuals. Fellowship for disabled Christians through local groups, accessible holidays, inspirational DVDs/CDs. Also work with people with disabilities in developing countries. Short annual holiday for children with autism or Down Syndrome and their families at a Sussex centre.

## Support groups for particular conditions

These local and national groups support children with a particular condition or with any of a group of linked conditions. In alphabetical order by condition:

### ADHD Family Drop In

*Meets at Southglade Access Centre, Southglade Road, Nottingham NG5 5GU*

Telephone 0115 8761890

Email [info@adhdsolutions.org](mailto:info@adhdsolutions.org)

Second Tuesday of the month term-time only 9.30–12. Contact the Centre or ADHD Solutions for more details.

### Family Care Nottingham

*28 Magdala Road, Nottingham NG3 5DF*

Telephone 0115 9603010

Website [www.familycare-nottingham.org.uk](http://www.familycare-nottingham.org.uk)

Adoption service can offer advice to adopted people/birth family members and other enquirers. Can offer direct services to those who have adopted through Family Care or are considering adoption.

### Adoption UK

*55 The Green, South Bar Street, Banbury OX16 9AB*

Helpline 0844 848 7900 (10am–3pm, Mon–Fri,  
except Tues 10am–4pm. Not free)

Website [www.adoptionuk.org](http://www.adoptionuk.org)

Support for adoptive families. Online forums.

### Coram BAAF Adoption and Fostering Academy

*CoramBAAF, Coram Campus, 41 Brunswick Square, London WC1N 1AZ*

Telephone 0300 222 5775

Email [mail@corambaaf.org.uk](mailto:mail@corambaaf.org.uk)

Website [www.corambaaf.org.uk](http://www.corambaaf.org.uk)

Offer an advice line on adoption, fostering and tracing relatives for practitioners in the field of fostering and adoption.

### First4Adoption

*48 Mecklenburgh Square, London, WC1N 2QA*

Telephone 0300 222 0022 (10am–6pm)

Email [helpdesk@first4adoption.org.uk](mailto:helpdesk@first4adoption.org.uk)

Website [www.first4adoption.org.uk](http://www.first4adoption.org.uk)

Information about adoption, details of agencies, adoption events, support for adopters etc.

## ASSERT– Angelman Syndrome Support Education and Research Trust

*PO Box 4962 Nuneaton CV11 9FD*

Helpline 0300 999 0102

Email [assert@angelmanuk.org](mailto:assert@angelmanuk.org)

Facebook [facebook.com/ASSERTUK](https://facebook.com/ASSERTUK)

Website [www.angelmanuk.org](http://www.angelmanuk.org)

Supports families and carers affected by this rare condition. Newsletters, biennial conference for families, facebook page for brothers and sisters.

### Arthritis Care

*Floor 4, Linen Court, 10 East Road, London N1 6AD*

Telephone 0330 2020 358 (9am–5pm Mon–Fri)

0808 800 4050 (Helpline)

0808 800 2000 (The Source: for young people & parents)

Email [Thesource@arthritiscare.org.uk](mailto:Thesource@arthritiscare.org.uk)

Website [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

Advice for young people, parents and carers, schools. Publications and resources, courses on managing arthritis including courses for young people.

### Children's Chronic Arthritis Association

*Ground Floor, Amber Gate, City Wall Road, Worcester WR1 2AH*

Telephone 0795 818 7600

Email [info@ccaa.org.uk](mailto:info@ccaa.org.uk)

Website [www.ccaa.org.uk](http://www.ccaa.org.uk)

Support network for children with arthritis and their families. Newsletter, annual family weekend, small grant awards for education, further education and sport/leisure activities.

### PINNT (Artificial feeding)

*PO Box 3126, Christchurch, Dorset BH23 2XS*

Website [www.pinnt.com](http://www.pinnt.com)

Advice and information for people of all ages receiving artificial nutrition, special section 'Half PINNT' for parents and carers of children. Contact via form on website.

### Asthma UK

*18 Mansell Street, London E1 8AA*

Telephone 0800 1216255 (9–5pm Mon–Fri) or

0300 222 5800 to speak to an asthma nurse.

Email [info@asthma.org.uk](mailto:info@asthma.org.uk)

Website [www.asthma.org.uk](http://www.asthma.org.uk)

Information, advice for children, young people and adults with asthma. Also information in 'Easy Read' formats for people with learning disabilities

### The A–T Society (Ataxia Telangiectasia)

*IACR-Rothamsted, Harpenden, Hertfordshire AL5 2JQ*

Telephone 01582 760 733

Email [info@atsociety.org.uk](mailto:info@atsociety.org.uk)

Supports anyone affected by Ataxia-Telangiectasia or a variant of it and the people who care for them. Funds and promotes research to find better treatments and ultimately a



'cure' for A-T. Support, advice and advocacy for people with A-T and their family, friends and carers. Grants for equipment, family weekends, events for adults (16 years and over). The Children's Development Centre in Nottingham holds the UK children's specialist clinics for A-T six times a year.

### AAC Adventurers

Email [aacadventurers@yahoo.co.uk](mailto:aacadventurers@yahoo.co.uk)

Parent led social outing group for children and families in Nottinghamshire using or considering using augmentative and alternative communication. Inclusive group providing fun and support and raising awareness of AAC. Siblings welcome.

### Asian Parent Autism Group

*Meets at New Art Exchange, 39-41 Gregory Boulevard, Nottingham NG7 6BE*

Telephone 0115 8041740 (ask for Noreen)

For Asian parents and carers of children of any age with autistic spectrum disorders. Other parents from black and ethnic minority backgrounds welcome. Monthly, on a Thursday 10am–12.30pm

### Autism East Midlands

*Unit 31, Crags Industrial Estate, Morven Street, Creswell, Notts, S80 4AJ (Head office)*

Telephone 01909 506678 (or via 0115 8831157)

Twitter @Autismeastmids

Website [www.autismeastmidlands.org.uk](http://www.autismeastmidlands.org.uk)

Provides a range of assessment, educational, residential and community services for adults and children with autism as well as support for carers. Parent programmes and workshops run in venues across Nottinghamshire, siblings group in summer term. Hubs to support families run in Nottingham, Heanor, Worksop and Retford, with further sessions in Chesterfield, East Leake, Newark and Sutton in Ashfield to follow from Sept 2016. Dates and venues are on website or phone for details. Hubs offer support for parents and activities for children and run monthly either after school or on a Saturday.

### Derbyshire Autism Services Group

Telephone 01773 741221

Website [www.autismsupport.co.uk](http://www.autismsupport.co.uk)

Monthly newsletter, useful for details of events close to Nottinghamshire border.

### Indigo Kids (Autistic spectrum disorders)

*First Floor, Old Town Hall, 3 Watnall Road, Hucknall, Notts. NG15 7LD*

Telephone 0115 9521164

Email [indigokids@live.com](mailto:indigokids@live.com)

Facebook [www.facebook.com/indigokidsevents](https://www.facebook.com/indigokidsevents)

Website [www.indigokids.org.uk](http://www.indigokids.org.uk)

Support group for families with children with autistic spectrum disorders. Children's clubs held in evenings, other family events..

### Mansfield Autism Support Group

*Meetings at Harwood Court, Harwood Close, Sutton in Ashfield Notts NG17 4PD*

Telephone 01623 454662 (Joyce Betts)

Meet on 1st Monday of the month from 7–9pm. Family session at Harwood Court monthly on a Sunday 3–5pm. Members of the group can access a library of books on autistic spectrum disorders, monthly swimming sessions on last Sunday of month 6–7pm at Lammas Pool, computer club second and fourth Monday of month from 6.30–8.30pm at New Cross Community Hall, school holiday activities etc.

### National Autistic Society

*393 City Road, London EC1V 1NG*

Helpline 0808 800 4104 (Mon–Thu 10am–4pm, Fri 9am–3pm)  
Interpreters available.

Email [from www.autism.org.uk/enquiry](http://www.autism.org.uk/enquiry)

Website [www.autism.org.uk](http://www.autism.org.uk)

Wide range of information and services for children and adults with autistic spectrum disorders. They also have a database of support groups and services for whole country at [www.autism.org.uk/directory.aspx](http://www.autism.org.uk/directory.aspx)

### Newark and Sherwood Autism and ADHD Support Group

*Meets at William Gladstone School, Holden Crescent, Newark Notts NG24 4HU*

Telephone 07808 345211 (Laura) or 07960121027 (Rachel)

Email [newarkautismgroup@hotmail.co.uk](mailto:newarkautismgroup@hotmail.co.uk)

Facebook [www.facebook.com/pages/Newark-Sherwood-Autism-Support-group](https://www.facebook.com/pages/Newark-Sherwood-Autism-Support-group)

Supports parents and carers or children on the autistic spectrum with/without formal diagnosis. Run by parents. Meets first Thursday of the month during termtime 9.30–11.30am

### Nottingham Autism Dads

Website [www.meetup.com/Nottingham-Autism-Dads](http://www.meetup.com/Nottingham-Autism-Dads)

For dads with children on the autistic spectrum in the Nottingham area. Social meetings at different venues.

### Rushcliffe Parent Support Group (Autistic spectrum disorder)

*Meets at Poppy and Pint (in dining room), Pierrepont Rd., West Bridgford, Notts NG2 5DX*

Email [rasg@rainbowpcf.org.uk](mailto:rasg@rainbowpcf.org.uk)

Meets first Monday each month 7–9pm except August. For upcoming meetings see calendar at [rainbowpcf.org.uk](http://rainbowpcf.org.uk) or call Rainbow PCF 0115 934 8451

### Southglade Autistic Spectrum Disorders Support Group

*Southglade Access Centre, Southglade Park, Southglade Rd., Bestwood NG5 5GU*

Telephone 0115 915 9152

Alternate Wednesdays 9.30–11.30am, no diagnosis needed.

### Southwell ASD Parents Support Group

Telephone 07961038470

Email [southwellasdparents@outlook.com](mailto:southwellasdparents@outlook.com)

Facebook [www.facebook.com/SouthwellASDParentSupportGroup](https://www.facebook.com/SouthwellASDParentSupportGroup)

Website [www.southwellasdparents.btck.co.uk](http://www.southwellasdparents.btck.co.uk)

Monthly meetings on second Thursday (term-time only) 7:30–9.30pm at Room B21 Minister School, Southwell NG25 0LG See website for meeting information out of term time.

**Spectrum WASP (Autistic spectrum disorders, Rainworth)***First Floor, Ransom Hall, Ransom Wood, Mansfield, Nottinghamshire NG31 6HJ*

Telephone 07403089896 or 07923399573

Email [suzey.edwards@hotmail.com](mailto:suzey.edwards@hotmail.com) or [tinleyjeni@gmail.com](mailto:tinleyjeni@gmail.com)Website [www.spectrumwasp.wordpress.com](http://www.spectrumwasp.wordpress.com)

Drop in coffee mornings every Monday 9.30–11.30am at Rainworth Village Hall. Out of school, weekend and holiday activities for families. Fun football sessions in the sports hall at Joseph Whitaker School, Warsop Lane, Rainworth NG21 0AG for boys and girls aged 5 and over 6–7pm. Short breaks provider.

**Blind Children UK***Hillfields, Reading Road, Burghfield Common, Reading, Berkshire RG7 3YG*

Telephone 0800 781 1444

Email [services@blindchildrenuk.org](mailto:services@blindchildrenuk.org)Website [www.blindchildrenuk.org](http://www.blindchildrenuk.org)

Family support and advice, information to download. Free or subsidised events around the country for families, advice on education and technology and grants for sensory toys and technology. Large print books to purchase for children and young people.

**My Sight Nottinghamshire (Blindness/visual impairment)***26-28 Heathcote Street, Nottingham NG1 3AA*

Telephone 0115 9706806

Email [info@mysightnotts.org.uk](mailto:info@mysightnotts.org.uk)Website [www.mysightnotts.org.uk](http://www.mysightnotts.org.uk)

Information and advice, training e.g. about computer equipment and mobile phones. Mobile support centre visits venues across Nottinghamshire (call or see website for details). Job club. Goalball and cricket clubs, Saturday swimming and rambling.

**Child Brain Injury Trust***Unit 1, The Great Barn, Baynards Green Farm, Nr Bicester OX27 7SG*

Telephone 0303 303 2248

Email [helpline@cbituk.org](mailto:helpline@cbituk.org)Website [www.childbraininjurytrust.org.uk](http://www.childbraininjurytrust.org.uk)

Information, support and training for families affected by an acquired brain injury and for professionals. Information for young people on website. Young people can also ring the helpline or email. Legal support service. Webinars to view online about the brain and strategies to help with e.g. attention, fatigue, social skills following injury. Small grants to help a child with an acquired brain injury and their brothers and sisters to take part in social activities. Grants to help with the cost of a professional report for assessment of special educational needs or appeals.

**Aurora Wellbeing Centre (Cancer)***The Old Library, Memorial Avenue, Worksop S80 2BP*

Freephone 03000 111202

E-mail [aurora.worksop@yahoo.co.uk](mailto:aurora.worksop@yahoo.co.uk)Website [www.aurorawellbeing.org.uk](http://www.aurorawellbeing.org.uk)

Aurora Wellbeing Centres support local people and their families living with cancer. People with a diagnosis receive a package of support, wellbeing programmes and holistic

& beauty treatments to help raise their self-esteem and confidence. Aurora is a charity—treatments are free but there is a suggested donation. For young people under 18 contact to discuss. There is also a counselling service which can support young people.

**CLIC Sargent Cancer Care for Children***1 Farriers Yard, Assembly London, 77-85 Fulham Palace Road, London W6 8JA*

Helpline 0300 330 0803

Website [www.clicsargent.org.uk](http://www.clicsargent.org.uk)**Local contact:***Floor E, East Block, Queen's Medical Centre, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 63987

Email [rachel.stephenson@clicsargent.org.uk](mailto:rachel.stephenson@clicsargent.org.uk) (local contact)

Emotional support and practical and financial help to all families, children and young people diagnosed with cancer. Online community for young people aged 16–24 years who have or have had cancer. One off CLIC Sargent grants (currently £170 in 2016). CLIC Sargent also offers holidays for families (during and after treatment) and specialist short breaks at Malcolm Sargent House in Scotland. Offers support to bereaved families. Ages 0–24 years.

A family registered with CLIC Sargent travelling to QMC from some distance may be able to stay at:

**Billy's House***564 Derby Road, Lenton, Nottingham NG7 2GY*

Contact Rachel Stephenson (see CLIC Sargent above) for a first booking.

Telephone 0115 9421517 (for repeat bookings only.)

This CLIC Sargent Home from Home provides free accommodation for families needing to stay near QMC while a child with a cancer diagnosis is staying in hospital. Family can contact Rachel Stephenson at QMC by email or phone on the day the child goes to hospital or the day before, to enquire whether there is room.

**Macmillan Cancer Information and Support Centres**

National helpline 0808 808 0000 (Mon–Fri 9am–8pm)

National website [www.macmillan.org.uk](http://www.macmillan.org.uk)

Online community forum and chat with experts on the website as well as a range of resources to order and download on cancers including children's cancers and on related issues. Resources in other languages and in easy read format.

**Local Centres:***W4 Ground floor, South Block, NUH City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 8402650 (8am–4pm Mon, Tue, Thu, Fri. From Nov 2015 open Wed 10am–6pm on trial basis)

Email [cancerinfo@nuh.nhs.uk](mailto:cancerinfo@nuh.nhs.uk)

Information & support for people with cancer, including children, in a variety of languages. Can get information in audio format and braille. Benefits advice and Macmillan grants for adults, young people and children and can help with grant applications to other organisations.

*'The Pod' King's Treatment Centre, King's Mill Hospital, Sutton-in-Ashfield, Nottinghamshire NG17 4JL*

Telephone 01623 622515 ex 6499

Good quality information and support to anyone with concerns about cancer, parents, relatives, children, carers etc. Open Monday to Friday 10am–4pm, drop in. Help with welfare benefits for people living with cancer.

### **Maggie's Nottingham**

*Gate 3, Nottingham City Hospital Campus Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 9246210

Website [www.maggiescentres.org](http://www.maggiescentres.org)

Maggie's Centres are for anyone affected by cancer and family and friends. Open 9am–5pm Monday to Friday. Advice, support groups, courses etc. Children's days on a Saturday every quarter.

### **PASIC (Cancer/leukaemia)**

*Clo Ward E38 Queen's Medical Centre, Nottingham NG7 2UH*

Telephone 07874223462

Email [mail@pasic.org.uk](mailto:mail@pasic.org.uk)

Facebook [www.facebook.com/pasic.charity.1977](http://www.facebook.com/pasic.charity.1977)

Twitter @Pasic\_1977

Website [www.pasic.org.uk](http://www.pasic.org.uk)

Support for families of children and young people diagnosed with cancer, leukaemia and brain tumours, receiving treatment at the Nottingham Children's Hospital. Social events, financial help towards paying increased bills eg. for heating or phone calls which are a direct result of the child's illness, monthly parent group on first Thursday of each month 7:30–9pm at *Billy's House, 564 Derby Road, Nottingham NG7 2GY*

### **Ryan Lee Trust**

Telephone 0797 673 7331

Email [info@ryanleetrust.org](mailto:info@ryanleetrust.org)

Website [www.ryanleetrust.org](http://www.ryanleetrust.org)

Support for children and teenagers with brain tumours or other cancers. Family support and provision of equipment not provided by statutory organisations.

### **Big smiles (Cleft Lip/Palate)**

*Meets at Butlers Hill and Broomhill Children's Centre see page 58*

For parents of children with cleft lip/palate. Last Wednesday morning of the month 9–11am.

### **CLAPA**

*First Floor, Green Man Tower 332B Goswell Road London EC1V 7LQ*

Telephone 020 7833 4883

Email [info@clapa.com](mailto:info@clapa.com)

Website [www.clapa.com](http://www.clapa.com)

Help for those with and affected by cleft lip and palate. Parent support, information. Specialist teats and bottles can be purchased via the website. Starter packs for families can be issued once a baby has been born and has had a feeding assessment. National children's events, residential weekends. Facebook group for under 18's.

### **Unique—The Rare Chromosome Disorder Support Group**

*G1 The Stables, Station Road West, Oxted, Surrey, RH8 9EE*

Telephone 01883 723356

Email [info@rarechromo.org](mailto:info@rarechromo.org)

Website [www.rarechromo.org](http://www.rarechromo.org)

Support and information on a wide range of chromosome disorders. Downloadable information guides on individual disorders, some leaflets in European languages. Members magazine, booklet for siblings etc.

### **Cystic Fibrosis Trust**

*One Aldgate, 2nd Floor, London EC3N 1RE*

Helpline 0300 373 1000 or 020 3795 2184

Website [www.cftrust.org.uk](http://www.cftrust.org.uk)

Information and support, and small welfare grants, free translation of medication letters for people with CF going on holiday. Forums including one for parents and carers. There is local support for children with cystic fibrosis from a CF social worker. The cystic fibrosis nurse (page 22) should be able to put parents in touch with her.

### **The National Deaf Children's Society (NDCS)**

*Ground Floor South, Castle House, 37-45 Paul Street, London EC2A 4LS*

Freephone/Textphone/Language Line 0808 800 8880 (9:30am–9.30pm Mon–Thu closes 5pm Fri)

*2nd Floor, Vincent House, Quay Place, 92-93 Edward Street, Birmingham B1 2RA (Family events team)*

Telephone 0121 234 9820

Email [helpline@ndcs.org.uk](mailto:helpline@ndcs.org.uk)

Website [www.ndcs.org.uk](http://www.ndcs.org.uk)

Free membership, range of publications to download or order. Some publications available in Urdu, Polish, Slovak., Punjabi, Welsh, Bengali and Arabic. Live chat available from website. Youtube video channel and podcasts. There is a regional family officer for the East Midlands. Regional events for families.

### **Nottinghamshire Deaf Society**

*22 Forest Road West, Nottingham NG7 4EQ*

Telephone 0115 9700516 or 9786984

Email [nds@nottsdeaf.org.uk](mailto:nds@nottsdeaf.org.uk)

Twitter @nottsDeaf

Website [www.nottsdeaf.org.uk](http://www.nottsdeaf.org.uk)

Services for local deaf community. Information service, welfare rights service and deaf church. Sign language interpreting. Lip reading classes for adults and older teenagers. Training in British Sign Language. Sign Café on 2nd and 4th Saturdays 10am–12pm.

### **Diabetes UK Central Office**

*Macleod House, 10 Parkway, London NW1 7AA*

Telephone 0345 123 2399 (9am–7pm Mon–Fri)

Interpreting service available.

Email [careline@diabetes.org.uk](mailto:careline@diabetes.org.uk)

Website [www.diabetes.org.uk](http://www.diabetes.org.uk)

Website includes information in a variety of languages including British Sign Language. Sections for children, teenagers and young adults. There are local groups in Nottingham (Type 1 diabetes), Mansfield, and Derby. Contact for details or check on the website. Diabetes app to download. Live chat on the website 9am–6.45pm Mon–Fri

### Changing Faces (Disfigurement)

*The Squire Centre, 33–37 University Street, London WC1E 6JN*

Telephone 0300 012 0275  
 Email [support@changingfaces.org.uk](mailto:support@changingfaces.org.uk)  
 Website [www.changingfaces.org.uk](http://www.changingfaces.org.uk)  
 Facebook [www.facebook.com/ChangingFacesIface](https://www.facebook.com/ChangingFacesIface)  
 (for young people)

Charity for people and families with lives affected by conditions, marks or scars that alter appearance. Practical and emotional support to children and their families and to adults. Training and support for workers in health and education. Also work to transform public attitudes to people with an unusual appearance. Information to help children, young people and adults grow in confidence and learn techniques to make everyday situations easier to handle. Skin camouflage service (see *Health* section). Young People's Council for 13–25 year olds who have personal experience of living with unusual appearance.

### Sphere (Domestic violence)

*28 Magdala Road, Mapperley, Nottingham NG3 5DF*

Telephone 0115 9603010 (9am–11.30am Tues and Thu  
 for enquiries/referrals)

Email [familycare-nottingham.org.uk](mailto:familycare-nottingham.org.uk)  
 Website [www.familycare-nottingham.org.uk](http://www.familycare-nottingham.org.uk)

Support for children up to 18 years who have experienced domestic violence. Experienced and qualified practitioners work with the child, parents/carers, schools etc. Families can self refer.

### Down's Syndrome Association

*Langdon Down Centre, 2a Langdon Park, Teddington TW11 9PS*

Telephone 0333 1212 300  
 Email [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)  
 Website [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

Information for people with Down Syndrome and for families and carers and professionals. Helpline for advice on health, benefits, education. Wide range of publications to download.

**Dyslexia groups—see under Dyslexia in Education section of this directory**

### DCD (Dyspraxia) Support

*Meets at Children's Development Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone via Self Help Nottingham 0115 9111661  
 Email [dcddnottingham@gmail.com](mailto:dcddnottingham@gmail.com)

Group for families with child with dyspraxia / developmental coordination disorder. Meets every 2 months on a Wednesday 12:30–2:30pm in the main meeting room at the Children's Development Centre, contact for meetings at other venues.

### Dyspraxia Foundation

*8 West Alley, Hitchin, Herts, SG5 1EG*

Helpline 01462 454986 (Mon–Fri 9am–5pm)  
 Website [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

Information to download from the website, some in Urdu, Bengali and Chinese. Helpline currently funded until late 2016.

### National Eczema Society

*11 Murray Street, London NW1 9RE*

Telephone 0800 089 1122  
 Email [helpline@eczema.org](mailto:helpline@eczema.org) (8am–8pm Mon–Fri)  
 Website [www.eczema.org](http://www.eczema.org)

Aims to provide people with independent and practical advice about treating and managing eczema, also to raise awareness of the needs of those with eczema with healthcare professionals, teachers and the government. Booklets and factsheets to buy and download.

### Nottingham Support Group for Carers of Children with Eczema

Twitter @eczemasupport  
 Website [www.nottinghameczema.org.uk](http://www.nottinghameczema.org.uk)

A collaboration between dermatology experts from the University of Nottingham, NHS and carers of children with eczema, the group provides support and information for families touched by eczema, mainly through web-based media.

### Epilepsy Action

*New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY*

Helpline/Language Line 0808 800 5050 (Mon–Fri 8.30am–5.30pm)  
 Email [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk)  
 Website [www.epilepsy.org.uk](http://www.epilepsy.org.uk)

Advice, information, events, online forum for anyone with epilepsy and carers (forum users must be 16 years or over), members' magazine, information for children and young people. Live advice available from the website Mon–Fri 10–11am.

**Local epilepsy coffee and chat group** meets at *Squares, 6-9 Poultry Arcade, Nottingham NG1 2HW*. The meeting is free to attend and refreshments can be purchased from the bar. Third Monday of every month from 7 to 8.30pm. Coffee and chat groups are run by volunteers and can provide support for people with epilepsy and their families, friends and carers. Just go along or for more details contact Dora on 0115 960 7334.

### Epilepsy Society

*Chesham Lane, Chalfont St Peter, Bucks SL9 0RJ*

Helpline 01494 601 400 (national rate Mon–Fri 9am–4pm  
 except Weds 9am–8pm)

Website [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

Information and support for people with epilepsy and their family and friends. Some information for teachers on the website. Online forum. Research and training for professionals. First aid and seizure diary app can be downloaded free for iPhones and Android.

### Young Epilepsy

*St Piers Lane, Lingfield, Surrey RH7 6PW*

Telephone 01342 832243  
 Epilepsy Helpline 01342 831342 (Mon–Fri 9am–1pm)  
 Email [info@youngepilepsy.org.uk](mailto:info@youngepilepsy.org.uk) or  
[helpline@youngepilepsy.org.uk](mailto:helpline@youngepilepsy.org.uk)  
 Website [www.youngepilepsy.org.uk](http://www.youngepilepsy.org.uk)  
 National charity providing day and residential school education and college places, assessment, rehabilitation treatment, research and information. Covers young people aged 5–25 with epilepsy and other complex neurological conditions.

### Fire Setters, Nottinghamshire Fire and Rescue Service

*Firesetter Coordinator, Nottinghamshire Fire and Rescue Service, Highfields Fire Station, Hassocks Lane, Beeston, Nottinghamshire NG9 2GQ*

Telephone 0115 9575200  
 Website [www.notts-fire.gov.uk](http://www.notts-fire.gov.uk)  
 Work with children who are starting fires (any age, including very young children) to help them understand and control the feelings and circumstances that lead them to set fires. Free and confidential. Anyone can refer. Referral form can be downloaded from website. The Fire and Rescue Service also run the SAFE programme for primary and secondary schools, courses for vulnerable young people aged 13–16 years and a programme for young offenders aged 12–17 who have been charged with arson. For more information about what they do see the website.

### The FASD Trust (Foetal alcohol spectrum disorders)

*Unit 8, The Gallery, 54 Marston Street, Oxford OX4 1LF*

Telephone 01608 811599  
 Website [www.fasdtrust.co.uk](http://www.fasdtrust.co.uk)  
 Support for those affected by Foetal Alcohol Syndrome and training/information for professionals seeking to support them. Online forum, newsletter, local groups (none in Notts in July 2016 but more being set up), family finder for children with FASD needing adoption.

### Fosterline

Telephone 0800 040 7675  
 Website [www.fosterline.info](http://www.fosterline.info)  
 Free confidential helpline and interactive website for foster carers and those interested in fostering.

### Fragile X Society

*Road End House, 6 Stortford Road, Great Dunmow CM6 1DA*

Telephone 01371 875100  
 Email [info@fragilex-org.uk](mailto:info@fragilex-org.uk)  
 Website [www.fragilex.org.uk](http://www.fragilex.org.uk)  
 National family support workers can provide information and confidential support. Closed facebook page aimed at families. Online tweet chats, links to overseas Fragile X organisations, downloadable leaflets and booklets, conferences.

### Children's Heart Federation

*Office SB3, Dragon Enterprise Centre, Cullen Hill, Braintree Rd., Witham, Essex CM8 2DD*

Telephone 0808 808 5000 (9.30am–4.30pm Mon–Fri)  
 Website [www.chfed.org.uk](http://www.chfed.org.uk)  
 Information and advice, forum for young people aged 13–21, grants for equipment to help with caring for a child with a heart condition or travel/accommodation costs for hospital visits, 'Molly Dolly', toy to explain heart surgery to children, free, if a professional (eg. a cardiac liaison nurse) supports application. Family days, newsletter covering new developments, research etc.

### Patches Heart Group

Telephone 07960868843  
 Facebook [www.facebook.com/patchesheartgroup](http://www.facebook.com/patchesheartgroup)  
 Website [www.patchesheartgroup.org](http://www.patchesheartgroup.org)

### Hemihelp (Hemiplegia)

*6 Market Road, London N7 9PW*

Telephone 0345 123 2372 (10am–1pm Mon–Fri termtime)  
 Email [helpline@hemihelp.org.uk](mailto:helpline@hemihelp.org.uk)  
 Website [www.hemihelp.org.uk](http://www.hemihelp.org.uk)  
 Information, family conferences, annual Try It days. Online forum, magazine. Home visiting service available (join Hemihelp to access this). One handed recorder loan scheme.

### Hypermobility Syndromes Association

*Sovereign House, 22 Shelley Road, Worthing, West Sussex BN11 1TU*

Telephone 0300 3011 6388  
 Website [hypermobility.org](http://hypermobility.org)  
 Support for families with a child with a disorder of connective tissue.

### Doncaster and Bassetlaw Kidney Association

Telephone 07444 281 141  
 Email [admin@dabka.org.uk](mailto:admin@dabka.org.uk)  
 Website [www.dabka.org.uk](http://www.dabka.org.uk)  
 Helps kidney patients, their families and carers live with renal disease, from pre-dialysis through to transplant. Patients are mainly treated at Doncaster Royal Infirmary, Dearne Valley and Bassetlaw Dialysis Units, Northern General Hospital, Sheffield and Queen's Medical Centre Nottingham.

### National Kidney Federation

*The Point, Coach Road, Shireoaks, Worksop, Nottinghamshire S81 8BN*

Helpline 0845 6010209 Office 01909 544999  
 Website [www.kidney.org.uk](http://www.kidney.org.uk)  
 Information written by doctors and pharmacists, online forums, advocacy service, local contacts, links to blogs written by younger kidney patients.

### Nottingham and Notts. Kidney Patients Association

Website [www.nnkpa.org](http://www.nnkpa.org)  
 Website has details of meetings and holiday home at Skegness for members and their families.

**STEPS (Lower limb and hip conditions)**

*The White House, Wilderspool Business Park, Greenalls Avenue, Warrington, Cheshire WA4 6HL*

Telephone 01925 750271 Monday–Friday 8am–6pm

Website [www.steps-charity.org.uk](http://www.steps-charity.org.uk)

Information and support for families of children affected by lower limb or hip condition e.g. club foot, hip dysplasia, absence of the fibular etc. Downloadable booklets and online videos. Online community. Small grants for families towards a hip spica car seat and adapted car seat loan scheme. STEPS is hoping to appoint regional coordinators and develop an increased network of family and peer contacts and links with the NHS within the regions.

**Rethink (Mental health)**

*89 Albert Embankment, London SE1 7TP*

Telephone 0300 5000 927 (10am–2pm Mon–Fri)

Website [www.rethink.org](http://www.rethink.org)

National charity for anyone affected by mental illness, their families and friends. Local meetings most months in Nottingham—see support groups on the website. Information about mental illness, medication, rights and finance etc. Young people's section at [www.rethink.org/youngpeople](http://www.rethink.org/youngpeople).

**YoungMinds (Mental health and emotional difficulties)**

*Suite 11, Baden Place, Crosby Row, London, SE1 1YW*

Parents Helpline 0808 802 5544 (Mon–Fri 9.30–4pm)

Email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

Website [www.youngminds.org.uk](http://www.youngminds.org.uk)

Charity committed to improving the emotional wellbeing and mental health of children and young people. Support via helpline for parents and carers concerned about a young person's mental health difficulties. Online information for young people themselves and for parents on a range of difficulties including ADHD, anxiety, behaviour, depression, domestic violence, exam stress, psychosis, obsessions, self harm, suicidal feelings etc. Online information for young people.

**Climb (Metabolic diseases)**

*176 Nantwich Road, Crewe CW2 6BG*

Telephone 0800 652 3181 (10am–4pm)

Email [contact@climb.org.uk](mailto:contact@climb.org.uk)

Website [www.climb.org.uk](http://www.climb.org.uk)

Brief information on a very wide range of metabolic diseases on website. Climb may be able to provide more by phone. Some information available in other languages.

**Lily Foundation (Mitochondrial Disease)**

*31 Warren Park, Warlington, Surrey, CR6 9LD*

Telephone 0300 400 1234 / 07947257247

Website [www.thelilyfoundation.org.uk](http://www.thelilyfoundation.org.uk)

**Muscular Dystrophy Campaign**

*61A Great Suffolk Street, London SE1 0BU*

Telephone 0800 6526352 (national helpline)

Email [info@muscular dystrophyuk.org](mailto:info@muscular dystrophyuk.org)

Website [www.muscular dystrophyuk.org](http://www.muscular dystrophyuk.org) (national)

UK charity for individuals and families living with muscle wasting conditions. Online information, forum, grants towards the cost of specialist equipment for children and adults eg. powered wheelchairs. Advocacy, publications, regional events.

**Local contact**

Kirstie Spencer, Nottinghamshire Muscular Dystrophy Care Advisor

Telephone 07812 268749

Email [Kirstie.spencer@nuh.nhs.uk](mailto:Kirstie.spencer@nuh.nhs.uk)

Advice, information and support for young people and adults with neuromuscular conditions and for their families.

**Myotonic Dystrophy Support Group**

*19-21 Main Road, Gedling, Nottinghamshire NG4 3HQ*

Helpline 0115 987 0080

Email [contact@mdsguk.org](mailto:contact@mdsguk.org)

Website [www.myotonicdystrophysupportgroup.org](http://www.myotonicdystrophysupportgroup.org)

Newsletter and information leaflets. Annual conference. Supported by specialist medical advisors.

**Neuro Foundation (Neurofibromatosis)**

*HMA House, 78 Durham Road, London SW20 0TL*

Telephone 020 8439 1234 (Mon–Thu 9.30am–5.30pm)

Helpline 07866 946 334 (Tue and Wed only)

Email [info@nfauk.org](mailto:info@nfauk.org)

Website [www.nfauk.org](http://www.nfauk.org)

Support for people with neurofibromatosis. Newsletters, downloadable information, network of specialist advisors, nearest one based in Yorkshire. Specialist advice is available via the helpline.

**PDA Society**

Email [info@pdasociety.org.uk](mailto:info@pdasociety.org.uk)

Website [www.pdasociety.org.uk](http://www.pdasociety.org.uk)

Information and support for families, with a child with pathological demand avoidance.

Website has forum, details of events for families, leaflets to download etc.

**Prader Willi Syndrome Association**

*Suite 4.4, Litchurch Plaza, Litchurch Lane, Derby DE24 8AA*

Helpline 01332 365676

Email [admin@pwsa.co.uk](mailto:admin@pwsa.co.uk)

Facebook [www.facebook.com/Prader-Willi-Syndrome-Association-UK](https://www.facebook.com/Prader-Willi-Syndrome-Association-UK)

Website [www.pwsa.co.uk/](http://www.pwsa.co.uk/)

Information to download, online forum, weekly e-newsletter, events, publications to purchase.

**Restricted Growth Association**

*PO Box 99, Lydney GL15 9AW*

Helpline 0300 111 1970

Email [office@restrictedgrowth.co.uk](mailto:office@restrictedgrowth.co.uk)  
 Website [www.restrictedgrowth.co.uk](http://www.restrictedgrowth.co.uk)  
 Information/support for people who have genetic growth conditions resulting in dwarfism.  
 Conferences, social days, magazine for members. Discounts on proof of age ID cards.

**Rett UK**

*Langham House West, Mill Street, Luton LU1 2NA*

Helpline 01582 798 911 (Mon–Fri 8.30am–4.30pm)

Email [support@rettuk.org](mailto:support@rettuk.org)

Website [www.rettuk.org](http://www.rettuk.org)

Family support workers, information, and annual weekend for families. Rett UK attends the Rett clinics across the country, one of which is held twice yearly in Nottingham at the Children's Development Centre.

**Smira (Selective Mutism)**

Facebook [www.facebook.com/Smira-Selective-Mutism-Infomation-and-Research-Association](https://www.facebook.com/Smira-Selective-Mutism-Infomation-and-Research-Association)

Website [www.smira.org.uk](http://www.smira.org.uk)

Information to download about selective mutism, blogs, national courses for parents and professionals. (If you have no internet access, the Information Service 0115 8831157/8 will help).

**Harmless (Self-harm)**

*PO Box 10136, Nottingham NG1 9HL*

Telephone 0115 9348445

Email [info@harmless.org.uk](mailto:info@harmless.org.uk)

Website [www.harmless.org.uk](http://www.harmless.org.uk)

Drop in sessions for young people aged 11–21 and for adults aged 18 and over, monthly at Voluntary Action Centre, Mansfield Road, Nottingham NG1 3FB

**OSCAR (Sickle cell disease)**

*Unit 11, John Folman Business Centre, 31 Hungerhill Rd., St. Ann's Nottingham NG3 4NB*

Telephone 0115 96707755

Email [enquiries@oscarnottingham.org](mailto:enquiries@oscarnottingham.org) or via website

Website [www.oscarnottingham.co.uk](http://www.oscarnottingham.co.uk)

Twitter [@oscarnottingham](https://twitter.com/oscarnottingham)

Advice, support and education to people of all ages at risk of sickle cell disease/thalassaemia. Advice on healthy living. Support for parents and carers. Presentations to raise awareness in schools.

**Sickle Cell Society**

*54 Station Road, London NW10 4UA*

Telephone 020 8961 7795

Email [info@sicklecellsociety.org](mailto:info@sicklecellsociety.org)

Website [sicklecellsociety.org](http://sicklecellsociety.org)

Support and information, including downloadable booklets for teachers, for children and for young people. Annual children's holiday. There is more information for schools at [www.sicklecellinformation.com](http://www.sicklecellinformation.com)

**Afasic (Speech and Language difficulties)**

*1st Floor, 20 Bowling Green Lane, London EC1R 0BD*

Helpline 0300 666 9410 (Mon, Tue 9.15am–2.30pm, Wed–Fri 10.30am–2.30pm)

Website [www.afasic.org.uk](http://www.afasic.org.uk)

Afasic supports parents with children who have difficulties talking and understanding language. Information to download, advice via helpline, parents forum on website. Details of local groups—though at present (June 2016) the nearest groups are in Leicestershire, Rotherham and Sheffield. Nottingham Facebook group available.

**Shine (Spina bifida/Hydrocephalus/Anencephaly)**

*42 Park Road, Peterborough PE1 2UQ*

Helpline 01733 555988

Facebook for Nottinghamshire [www.facebook.com/Shine.Collette.Torrance](https://www.facebook.com/Shine.Collette.Torrance)

Website [www.shinecharity.org.uk](http://www.shinecharity.org.uk)

Support for families with a child or adult with spina bifida or hydrocephalus. Support and development workers can assist with range of issues eg. benefits, independent living educational issues, relationships and social life etc. 'Health Hub' offering online and telephone support from nurses/occupational health practitioners for people with hydrocephalus or spina bifida (and health checks for those able to call in in person). Education advice. Closed facebook group for anencephaly at [www.facebook.com/groups/ShineAnencephalySupport](https://www.facebook.com/groups/ShineAnencephalySupport)

**Stroke Association**

*Stroke Information Service, Stroke Association, Life After Stroke Centre, Church Lane, Bromsgrove, Worcestershire B61 8RA (for information and support)*

Helpline 0303 3033 100 Textphone 18001 0303 3033 100

Email [info@stroke.org.uk](mailto:info@stroke.org.uk)

Website [www.stroke.org.uk](http://www.stroke.org.uk)

Information for people of any age who have had a stroke and for their families. Information on childhood stroke and for children where someone they know has had a stroke. Online forum.

There are **local Family and Carer Support Services** based at:

Kings Mill Hospital 01623 622515 ex 3690 and at

The Point in West Bridgford 0115 871 2467(city) 871 2460 (county)

**SWAN(Syndromes without a name) UK**

Email [jo.burt@undiagnosed.org.uk](mailto:jo.burt@undiagnosed.org.uk) (Nottingham rep)

SWAN UK aims to develop and support a community of families of children affected by undiagnosed genetic conditions. It provides leaflets and newsletters, an online forum for parents, family fun days and local networks (there are local network representatives for Nottingham and for South Yorkshire). Information on the website includes videos. SWAN also works to raise public and professional awareness of undiagnosed genetic conditions and the unique challenges faced by affected families.

**British Thyroid Foundation**

*2nd floor, 3 Devonshire Place, Harrogate HG1 4AA*

Telephone 01423 709707 / 709448

Website [www.btf-thyroid.org](http://www.btf-thyroid.org)  
Works with the British Thyroid Association (a society of specialist doctors and scientists) to provide reliable and up to date information on thyroid disorders for anyone with a thyroid disorder and for parents, carers, GPs etc. Leaflets to download. You must join the Foundation to send in medical queries.

### Tourettes Action

*The Meads Business Centre, 19 Kingsmead, Farnborough, Hampshire, GU14 7SR*

Telephone 0300 777 8427

Typetalk 18001 0300 777 8427

Email [help@tourettes-action.org.uk](mailto:help@tourettes-action.org.uk)

Website [www.tourettes-action.org.uk](http://www.tourettes-action.org.uk)

Information, help with getting a diagnosis, small grants (information about eligibility on website), identity cards (to help explain Tourettes to strangers), local groups in Lincolnshire and Leicestershire (May 2016). Downloadable presentations to use in schools. Online forum.

### TOFS (Tracheo-Oesophageal Fistula and related conditions)

*St George's Centre, 91 Victoria Road, Netherfield, Nottingham NG4 2NN*

Telephone 0115 961 3092

Email [info@tofs.org.uk](mailto:info@tofs.org.uk)

Website [www.tofs.org.uk](http://www.tofs.org.uk)

Offers information and support to parents and carers of children with tracheoesophageal fistula (TOF) oesophageal atresia (OA), VACTERL and associated conditions. Members events and newsletter. Parents' forum on website and downloadable leaflets.

### Tuberous Sclerosis Association

*CAN Mezzanine, 32-36 Loman Street, London SE10EH*

Telephone 0115 9384260 (Kendra Rhodehouse, Notts Advisor)

Email [admin@tuberous-sclerosis.org](mailto:admin@tuberous-sclerosis.org) or  
[kendra.rhodehouse@tuberous-sclerosis.org](mailto:kendra.rhodehouse@tuberous-sclerosis.org)

Online information, blog. Regional events, annual national family days. Small grants for families on low incomes to help with the additional costs of caring for their child.

### TAMBA

*Manor House, Church Hill, Aldershot, Hants GU12 4JU*

Twinline 0800 138 0509 free national, confidential, listening and emotional support service for all parents of twins, triplets and more, and the professionals involved in their care. Open everyday 10am–1pm and 7pm–10pm

Email [asktwinline@tamba.org.uk](mailto:asktwinline@tamba.org.uk)

Website [www.tamba.org.uk](http://www.tamba.org.uk)

UK-wide charity working to improve the lives of twins, triplets or more, and their families. Campaigns to improve health and developmental outcomes, funds research to reduce the risks faced before, during and after birth and provides practical support for all families, including those in crisis. Information to download, webinars, Closed facebook page for parents of multiples where a child or children have special needs, online message board. Forum and facebook page for parents of triplets.

Twins/multiples clubs run at Butler's Hill, Chilwell and Summer House Children's Centres (see list of centres in *Early Years and Childcare* section of this directory) and in Mansfield at the Stanhope Centre—contact Mansfield Home-Start 01623 653391 for more details.

### Wollaton Twins and Multiples Club

*St Leonard's Community Centre, Bramcote Lane, Wollaton, Nottingham NG8 2ND*

Email [wollaton@nottinghamtwins.org.uk](mailto:wollaton@nottinghamtwins.org.uk)

Facebook [www.facebook.com/wollatontwinsgroup](http://www.facebook.com/wollatontwinsgroup)

Meets on 2nd and 4th Mondays of the month 10am–12pm.

### Nottingham Trent Twins and Multiple Births Club

Website [www.nottinghamtwins.org.uk](http://www.nottinghamtwins.org.uk)

Support for families with twins or more. Links to the local groups and to useful information. Events eg. Christmas party.

### Reach—The Association For Children With Upper Limb Deficiency

*2nd Floor, Pearl Assurance House, Brook Street, Tavistock, Devon PL19 0BN*

Telephone 0845 130 6225

Email [reach@reach.org.uk](mailto:reach@reach.org.uk)

Website [www.reach.org.uk](http://www.reach.org.uk)

Support and information for families with children with an upper limb deficiency eg. who are missing all or part of a hand/arm or with hand/fingers which are malformed. Newsletter, family weekends, loans of one-handed descant and treble recorders and other equipment. Bursaries (applications must be directly related to child's or young person's limb deficiency) eg. for adapted cycles, musical instruments, driving adaptations etc. Bursaries are for children and young people up to the age of 25 years. Closed facebook group for members only.

## Support for brothers and sisters

### APTCOO Siblings Group

*Unit 15, Botany Park, Botany Avenue, Mansfield, Nottinghamshire NG18 5NF*

Telephone 01623 629902

For siblings aged 8–15, with a brother or sister with a disability. Meets Tuesdays 4.30–6.30pm. Activities include socialising with peers, arts/crafts, media, cooking, baking and life skills.

### Sibs

*Meadowfield, Oxenhope, West Yorkshire BD22 9JD*

Telephone 01535 645453

Email [info@sibs.org.uk](mailto:info@sibs.org.uk)

Website [www.sibs.org.uk](http://www.sibs.org.uk) and [www.youngsibs.org.uk](http://www.youngsibs.org.uk)

Information for young and adult siblings on coping with feelings, understanding disability, family life, difficult situations etc. information for parents and professionals on supporting these children and also information for anyone setting up a siblings group. Forums for young and adult siblings. Young siblings can send a message from the youngsibs website to the team for advice.



**Autism East Midlands**

Telephone 01909 506678  
 Email [linsey.atkins@autismeastmidlands.org.uk](mailto:linsey.atkins@autismeastmidlands.org.uk)  
 Website [www.autismeastmidlands.org.uk](http://www.autismeastmidlands.org.uk)

Autism East Midlands run a siblings support group (ages 8–12 years) each year in the summer term in Nottingham. You can download a leaflet about this from their website. Phone at any time during the year to book a place.

**Siblings Group**

*Meets at Hope House School, Barnby Road, Newark, Nottinghamshire NG24 3NE*

Telephone 07904217652 (Club and Befriending Manager)  
 Alternate Wednesdays 5–6.30pm.

**Bereaved Siblings**

The Bereavement section includes organisations which offer support to children/young people whose siblings have life limiting illness or have died.

**Young carers**

Young carers aged 5–24 who provide care, assistance or support to someone else in the family (e.g. parent, sister, brother, grandparents) are entitled to a Young Carers Assessment. When doing the assessment, the council must involve the young person, their parents and anyone else that the young person requests is involved. The assessment should look at whether the young carer wishes to continue caring and whether it is appropriate for them to do so and should take into account any work, training, education or leisure activities that the young person does or would like to do. To request an assessment young carers or someone on their behalf can contact

**Young Carers (Nottinghamshire)**

*Early help unit, Meadow House, Littleworth, Mansfield, Notts NG18 2TB.*

Telephone 0115 8041248  
 Email [early.help@nottsgov.uk](mailto:early.help@nottsgov.uk)  
 Website [www.nottinghamshire.gov.uk/caring/children/socialcarechildren/young-carers](http://www.nottinghamshire.gov.uk/caring/children/socialcarechildren/young-carers)

Young carers aged 5–25 can ask for an assessment to find out what support they may be able to get.

**Action for Young Carers**

*Christopher Cargill House, 21–23 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 9629351 (Mon–Thu 9am–5pm, Fri 9am–4.30pm)  
 Text 07814678460  
 Email [ayc@carersfederation.co.uk](mailto:ayc@carersfederation.co.uk)  
 Twitter @carersfedayc  
 Website [www.carersfederation.co.uk](http://www.carersfederation.co.uk)

Free and confidential support for young carers aged 5–18 years in Nottingham city who provide substantial personal and/or emotional care to another family member with a disability, long term illness, mental health issue or substance abuse issue. Chance to get together with other young carers, have fun and access the help they need.

See also *Young Carers Transition Project* in the *Transition* section of this directory

**Babble**

Website <https://babble.carers.org>  
 Online community created by the Carers Trust for young carers. Space where under 18s can chat and share experiences and get advice. Send a message to the online team or talk to them in the chat room at certain times of the week (see website for details). One to one webchats with the online team of workers are available. Email [youngcarers@carers.org](mailto:youngcarers@carers.org) to ask about these.

**Younger Carers Matter**

Website <https://matter.carers.org>  
 National website with advice and information for older teenagers/young adults who are carers (16–25 years). Timeline to post comments or ask for help.

**Finding other groups**

Although we have included national groups for the more common medical conditions there are so many groups that it is not possible to list them all. **Contact a Family** (below) have details of hundreds of groups. **Climb** (metabolic diseases) and **Unique** (chromosome abnormalities) earlier in this section also cover a wide range of rare conditions.

**Contact a Family**

*209–211 City Road, London EC1V 1JN*

Telephone 0808 808 3555 (9.30am–5pm Mon–Fri, interpreters available)

Email [helpline@cafamilly.org.uk](mailto:helpline@cafamilly.org.uk)  
 Facebook [www.facebook.com/contactafamily](http://www.facebook.com/contactafamily)  
 Twitter [www.twitter.com/contactafamily](http://www.twitter.com/contactafamily)  
 Website [www.cafamily.org.uk](http://www.cafamily.org.uk)  
 Youtube [www.youtube.com/cafamily](http://www.youtube.com/cafamily)

National charity for families who care for children with any disability. Confidential advice service on special educational needs, services and financial help to which you may be entitled, support groups etc. Resource library of factsheets e.g. on benefits which are regularly updated, online directory of medical conditions and support groups, web based family linking service (see below). Campaigns to improve the circumstances of families with children with disabilities and for their right to be included and equal.

**Making Contact**

Website [www.makingcontact.org](http://www.makingcontact.org)  
 Linking service for families with children with rarer conditions. Forums for parents with children with disabilities. A service from Contact a Family.

**Contact a Family Midlands Team**

*Prospect Hall, 12 College Walk, Selly Oak, Birmingham B29 6LE*

Telephone 0121 415 4624  
 Email [westmids.office@cafamilly.org.uk](mailto:westmids.office@cafamilly.org.uk)  
 Covers East Midlands as well as West Midlands. Contact for details of workshops or to join mailing list.

## Finding/starting other local groups and support

These organisations can help you find groups in the area where you live and also help you if you want to start a group. They may provide useful training for your group, advice on writing policies, help with finding funds and meeting venues, help with equipment, photocopying, mailshots etc.

### Ashfield Voluntary Action

*Ashfield Health & Wellbeing Centre, Portland Street, Kirkby-In-Ashfield, Nottinghamshire NG17 7AE*

Telephone 01623 555551

Website [www.ashfieldvoluntaryaction.org.uk](http://www.ashfieldvoluntaryaction.org.uk)

### Bassetlaw Community and Voluntary Service

*The Old Abbey School, Priorswell Road, Worksop Nottinghamshire S80 2BU*

Telephone 01909 476118

Website [www.bcv.org.uk](http://www.bcv.org.uk)

### Voluntary Action Broxtowe

*Oban House, 8 Chilwell Road Beeston Nottingham NG9 1EJ*

Telephone 0115 9178080

Website [www.vabroxtowe.org.uk](http://www.vabroxtowe.org.uk)

The Community and Voluntary Service in **Gedling** closed in October 2015.

### Mansfield Community & Voluntary Service

*36 Wood Street, Mansfield, Nottinghamshire NG18 1QA*

Telephone 01623 651177

Website [www.mansfieldcv.org](http://www.mansfieldcv.org)

### Newark & Sherwood Community & Voluntary Service

*67 Northgate, Newark, Nottinghamshire NG24 1HD*

Telephone 01636 679539

Website [www.nandscvs.org](http://www.nandscvs.org)

### Nottingham CVS

*7 Mansfield Road, Nottingham NG1 3FB*

Telephone 0115 9348400

Website [www.nottinghamcvs.co.uk](http://www.nottinghamcvs.co.uk)

Advice, support for voluntary groups, help with finding funding, and training for groups. Sample policies and how to guides. Meeting rooms for hire.

### Rushcliffe Community and Voluntary Service

*Level 3a, Bridgford House, Pavilion Road, West Bridgford Nottingham NG2 5GJ*

Telephone 0115 9699060

Email [admin@rushcliffecvs.org.uk](mailto:admin@rushcliffecvs.org.uk)

Website [rushcliffecvs.org.uk](http://rushcliffecvs.org.uk)

### Self Help UK

*Ormiston House, 32-36 Pelham Street, Nottingham NG1 2EG*

Telephone

0115 9111661 (Information Service Mon-Fri 9am-1pm)

Email

[info@selfhelp.org.uk](mailto:info@selfhelp.org.uk)

Twitter

@SelfHelpTeam

Website

[www.selfhelp.org.uk](http://www.selfhelp.org.uk)

Provides information on local self-help groups in Nottingham and Nottinghamshire and about local and national support organisations. Also offers support and services to local self-help groups and to people wanting to start up a group. Produces annual directory of self help groups. Operates a number of specialist self help projects in different parts of the UK.

## Play, leisure and short breaks

Play and activities for preschool children are included in the *Early Years* section of this directory.

Some activities specifically for those aged 16 and above are listed in the *Transition* section.

Information about afterschool care/clubs, holiday play schemes and youth activities is also available from:

- Nottingham City Families Information Service 0800 458 4114
- <http://fis.nottinghamcity.gov.uk/kb5/nottingham/fsd/home.page>
- Nottinghamshire County Council 0300 500 8080
- Your local Children's Centre (pages 57–64). This will be listed on the *Local Offer* (see front page of this directory) and each Centre's website will include details of the play activities it provides.

## Adventure Playgrounds, Play Centres and Youth Centres (Nottingham City)

### Balloon Woods Adventure Playground and Play Centre

*Coventry Lane, Bramcote, Nottinghamshire NG9 3GJ*

Telephone 0115 9287500

Email [balloonwoodspc@nottinghamcity.gov.uk](mailto:balloonwoodspc@nottinghamcity.gov.uk)

Open term time and school holidays Weds and Thurs 3.30–5.30pm and Sat 2–4pm.

Children who want to use the Play Centre must become members and be aged 6–13 (or already attending school year 1). Membership is free—forms can be picked up from the site. Children under 5 are welcome to use the site but must be accompanied by an adult. Playworkers make sure everyone visiting the site has fun safely and can help you complete the form. Membership forms also available from [cat.giess@nottinghamcity.gov.uk](mailto:cat.giess@nottinghamcity.gov.uk).

### Bulwell Riverside Play and Youth Centre

*Main Street, Bulwell, Nottingham NG8 6QJ*

Telephone 0115 8833550

Open term time on Mondays 3.30–5.30pm (8–13 years), Wednesdays 7–9pm (11–19 years). Ring for details of school holiday opening times and activities.

### Clifton Young People's Centre

*Green Lane, Nottingham NG11 9AY*

Telephone 0115 876 2777

Open term time Tues 7–9pm, Thurs 3.30–5.30pm and 7–9pm, Sat 11am–1pm. School holidays open Tues and Thurs 7–9pm and Sat 11am–1pm

### Forest Fields Play Centre

*131 Russell Road, Nottingham NG7 6GX*

Telephone 0115 9155672

Email [forestfieldspc@nottinghamcity.gov.uk](mailto:forestfieldspc@nottinghamcity.gov.uk)

Open term time and school holidays Weds, Thurs, Fri 3.30–5.30pm, Sat 10am–12pm and 1–3pm. Children who want to use the Play Centre must become a member and be aged 5–13. Membership is free—forms can be picked up from the site. Children under 5 are

welcome to use the site but must be accompanied by an adult. Playworkers make sure everyone visiting the site has fun safely and can help you complete the form.

### NGY myplace

*29–31 Castle Gate, Nottingham NG1 7AR*

Telephone 0115 704 3114

Email [info@ngymyplace.co.uk](mailto:info@ngymyplace.co.uk)

Website [www.ngymyplace.co.uk/](http://www.ngymyplace.co.uk/)

Centre for young people aged 13–19 living in Nottingham/Nottinghamshire. Range of services and facilities includes music and film production, fitness suite, café, dance and recording studio, counselling and health services. Open 7 days a week offering a one-stop-shop for young people to access support and advice on employment and training, health, etc.

### Phoenix Adventure Playground and Play Centre

*Westleigh Road, Broxtowe Estate, Nottingham NG8 6JX*

Telephone 0115 9150277

Email [phoenixap@nottinghamcity.gov.uk](mailto:phoenixap@nottinghamcity.gov.uk)

Open term time Thurs & Fri 3.30–5.30 pm, Sat 2–4pm. School holidays open Thurs–Sat 2–4pm. For membership and under 5s details see under *Forest Fields Play Centre*. Open days are regularly held at the centre, contact for more information.

### The Ridge Adventure Playground

*Ridgeway, Bestwood, Nottingham NG5 9BX*

Telephone 0115 9157584

Email [theridge@nottinghamcity.gov.uk](mailto:theridge@nottinghamcity.gov.uk)

Open term time and school holidays Thurs–Fri 3.15–5.15pm, Sat 10am–12pm & 1–3pm. Due to demand, priority is given to children who live in the immediate area. For membership and under 5s details see under *Forest Fields Play Centre*.

### Russell Youth Club

*Lowdham Street, St Ann's, Nottingham NG3 2GL*

Telephone 0115 915 5869

Open term time Mon 4–6pm (Community recording studio, junior music session), Thurs & Fri 7–9pm. Ring for details of opening hours and activities running during school holidays.

### St Ann's Adventure Playground and Play Centre

*Nugent Gardens, Dennett Close, Nottingham NG3 3NB*

Telephone 0115 9584394

Email [stannspc@nottinghamcity.gov.uk](mailto:stannspc@nottinghamcity.gov.uk)

Open term time Tues–Fri 3.30–5.30pm, Sat 10am–12pm (5–13 years), 1.30–3.30pm (10–16 years, youth session). For membership and under 5s details see under *Forest Fields Play Centre*.

### William Olds Youth Centre

*Chiltern Way, Bestwood Park, Nottingham NG5 5NP*

Telephone 0115 915 5672

Open term time Fridays 7–9pm. Ring for details of activities and opening hours during school holidays.

## Arts and Crafts, Music, Singing, Dance, Drama

For music, singing and signing groups for babies and toddlers see the *Early years* section.

### British Association for Music Therapy

2nd Floor, Claremont Building, 24-27 White Lion Street, London N1 9PD

Telephone 020 7837 6100

Email [info@bamt.org](mailto:info@bamt.org)

Website [www.bamt.org](http://www.bamt.org)

Provides information about the benefits of music therapy and help to find a qualified music therapist. (See *Find a Therapist* on the website) Anyone using the title 'music therapist' must be registered with the Health and Care Professions Council. Check under *Arts Therapists* on the register at [www.hcpc-uk.org/check](http://www.hcpc-uk.org/check)

You may be able to get funding for music therapy if your child is eligible, from:

### Jessie's Fund

15 Priory Street, York YO1 6ET

Telephone 01904 658189

Email [info@jessiesfund.org.uk](mailto:info@jessiesfund.org.uk)

Website [www.jessiesfund.org.uk](http://www.jessiesfund.org.uk)

Supports children with disabilities through the therapeutic use of music. Provides grants for work with individual children or organizations, giving priority to children with more complex needs or life-limiting conditions. Jessie's fund supports and develops music therapy in hospices and special schools, provides training for staff working with these children.

### County Youth Arts

Telephone 01623 644377

Email [countyyoutharts@nottsc.gov.uk](mailto:countyyoutharts@nottsc.gov.uk)

Producing arts projects with young people aged 11-25 across Nottinghamshire, including dance, music and theatre. Projects for young people with disabilities. Hoping to develop provision for younger children from April 2016. Contact for information and how to join.

### Dance4

Oak Field School, Wigman Road, Bilborough, Nottingham NG8 3HW

Email [adele@dance4.co.uk](mailto:adele@dance4.co.uk)

For those aged 11-19 years. Thursday 4-6pm

### Motorpoint Arena Nottingham

Bolero Square, The Lace Market, Nottingham NG1 1LA

Telephone 0843 373 3000 (Box Office)

0115 853 3029 (Accessibility Officer)

Concerts, dance and music events and shows. Wheelchair accessible venue, hearing assistance system, accessible toilets and *Changing Places* facility available. Sensory tours available if required, before attendance at an event. Contact the Box Office above, to arrange.

### Music for Everyone

10 Goose Gate, Nottingham NG1 1FF

Telephone 0115 9589312

Email [admin@music-for-everyone.org](mailto:admin@music-for-everyone.org)

Website [www.music-for-everyone.org](http://www.music-for-everyone.org)

Mainstream singing groups for boys (7-18 years), girls (7-13 years) and young people (14-18 years) at *Nottingham Emmanuel School, West Bridgford NG2 7YF*. Pay each term.

Music for Everyone also has a string orchestra, youth band and runs courses and workshops on singing and playing music.

### Nottingham Contemporary

Weekday Cross, Nottingham NG1 2GB

Telephone 0115 9489750.

Website [www.nottinghamcontemporary.org/families](http://www.nottinghamcontemporary.org/families)

Free creative family fun every weekend and school holidays, 11am-3pm. Everyone welcome, just drop in.

### Nottingham Music School

College Street Centre, College Street, Nottingham NG1 5AQ

Telephone (Saturdays only) 07817 434601

Website [www.nottinghammusichub.org.uk/bands/musicschool](http://www.nottinghammusichub.org.uk/bands/musicschool)

Run by the city music service on Saturday Mornings, to provide opportunities for young people (8-19 years) in city schools to play music with others. Sessions take place at *Nottingham Academy, Greenwood Road, Nottingham NG3 7EB*. Application forms and further information available on the website.

### Nottingham Playhouse

Wellington Circus, Nottingham NG1 5AF

Telephone 0115 9419419 minicom 0115 9476100

Email [access@nottinghamplayhouse.co.uk](mailto:access@nottinghamplayhouse.co.uk)

Website [www.nottinghamplayhouse.co.uk](http://www.nottinghamplayhouse.co.uk)

For those with vision impairment there are audio described performances and touch tours can be arranged, which enable them to explore the stage, set, costumes etc. before the show. Accessible performances are available for those who have a hearing impairment, including captioned performances, and those which are British Sign Language interpreted. Hearing headsets are also available. Relaxed performances are provided for those who have a learning disability or autistic spectrum disorder. These feature low lighting and reduced noise. Pre-visits are welcomed. Wheelchair access is available for those who have physical disabilities, and parking can be arranged for blue badge holders at time of booking.

### Sandance Class

Outwood Academy Valley Dance Studio, Valley Rd, Worksop S81 7EN (entrance via Leisure Centre reception)

Telephone 01909 534489

Email [sian.kirk@bassetlaw.gov.uk](mailto:sian.kirk@bassetlaw.gov.uk)

Free contemporary dance classes and choreography, for young people aged 6-25 years of age, with physical and learning disabilities. Please contact first, if you are interested in attending. Wednesdays 6-7.30pm.

### Square Peg Inclusive Dance Group

Myplace@Westfield Folkhouse, Westfield Lane, Mansfield, Nottinghamshire NG18 1TL

Telephone 07749 533626

Email [squarepeg2014@gmail.com](mailto:squarepeg2014@gmail.com)  
 Fridays 6-8pm for ages 13-25 years who live in Nottinghamshire.

### Square Peg Pride Performing Arts Group

*Myplace@Westfield Folkhouse, Westfield Lane, Mansfield, Nottinghamshire NG18 1TL*  
 Telephone 07749 533626  
 Email [squarepeg2014@gmail.com](mailto:squarepeg2014@gmail.com)  
 Inclusive dance and music on Saturdays 1.30–3.30pm for ages 13–25 years who live in Nottinghamshire

### Theatre Royal and Royal Concert Hall

*Theatre Square, Nottingham NG1 5ND*

Telephone 0115 989 5555 (box office)  
 0115 989 5609 (info on assisted performances)

Email [enquiry@trch.co.uk](mailto:enquiry@trch.co.uk)

Website [www.trch.co.uk](http://www.trch.co.uk)

If you advise the staff about any special needs when you book, they will do their best to help. Provide assisted performances (captioned, audio, relaxed, sign language) pre-performance touch tours, hearing assistance, ramps and facilities for wheelchair users.

### Wendy's Playful Piano

Website [www.wendisplayfulpiano.co.uk](http://www.wendisplayfulpiano.co.uk)

Fun approach to the piano for young children from 3 to 7 years of age, including those with additional needs. One-to-one sessions held in a private house in Beeston. Weekly, fortnightly or occasionally. Parents and carers can choose to stay with their child or wait in an adjoining room. Wendy is a speech therapist as well as a piano teacher and has many years experience in special schools and in using music to support communication. Charges per session. Contact via website.

## Clubs, youth clubs, activities and play sessions

### Mainstream clubs and activities

#### Boys Brigade

Telephone 01442 231681

Email [enquiries@boys-brigade.org.uk](mailto:enquiries@boys-brigade.org.uk)

Website [www.boys-brigade.org.uk](http://www.boys-brigade.org.uk)

Provides opportunities for children and young people to take part in a wide range of activities, learn new skills and develop existing talents. Children with disabilities welcome. Some groups are for boys only, others for boys and girls. Ages 5–18 years. Website lists local groups across Nottinghamshire which can be contacted via the website. Boys Brigade has a national disability advice network which supports local groups.

#### Bulwell Community Toy Library

*Chris Firth Cottages, Norwich Gardens, Bulwell, Nottingham NG6 8GG*

Telephone 0115 975 3898

Email [jane@toy-library.co.uk](mailto:jane@toy-library.co.uk)

Website [www.toy-library.co.uk](http://www.toy-library.co.uk)

Toys available for hire and a wide range of activities run by experienced playworkers and volunteers. Outdoor clubs include adventurous play, woodland/nature crafts and games and campfire cooking.

**Monday** Afterschool Clubs at Riverside Centre, Main Street, Bulwell for ages 5–8 years 3.30–5.30pm 50p per child and ages 9–13 years. 5.30–7.30pm 50p per child.

**Tuesday** Outdoor Club at Ashton Park in Snapewood, Bulwell. Ages 5–13 years 3.30–5.30pm Free.

**Wednesday** Outdoor Club at Pulley Park, Hoewood Road, Bulwell. Ages 5–13 years. 2.30–4.30pm Free.

**Thursday** Afterschool Club at Riverside Centre for ages 5–13 years. 3.30–5.30pm 50p per child

**Friday** Outdoor Club at Pulley Park, Hoewood Road, Bulwell. Ages 5–13 years. 3.30–5.30pm Free.

School Holiday programme for over 5's: Mon/Thur at Riverside Centre ages 5–13 years 11am–3pm. Wed and Fri at Pulley Park, Hoewood Road, Bulwell Children aged 5–13 years 11am–3pm.

### Eden Soft Play Area

*St Saviour's Church, Saviours Gardens, Nottingham NG2 3LH*

Telephone 0115 986 4118

Website [www.edensoftplay.co.uk/](http://www.edensoftplay.co.uk/)

Soft play for the under 10s. Separate toddler area, café

### Girlguiding

*Girlguiding Nottinghamshire, 16–18 Burton Road, Carlton, Nottingham NG4 3DF*

Telephone 0115 9877220

Email [office@girlguidingnottinghamshire.org.uk](mailto:office@girlguidingnottinghamshire.org.uk)

Website [www.girlguidingnottinghamshire.org.uk/](http://www.girlguidingnottinghamshire.org.uk/)

Gives girls and young women a space where they can be themselves, have fun, build friendships and confidence, gain valuable life skills and make a positive difference to their lives and their communities. The Office is open on Tues, Wed and Thurs from 10am–2pm. Families can ring to find local groups. Rainbows (aged 5–7 years), Brownies (aged 7–10 years). Guides (aged 10–14 years). Seniors (aged 14–25 years). If your child has a disability the organisers will do their best to find them a place in a local group. Please discuss their needs with the unit leader in advance, so that appropriate support can be put in place. See also 36th Nottingham Guides below.

### Lego Saturdays and Sundays at QUAD, Derby

*QUAD, Market Place, Cathedral Quarter, Derby DE1 3AS*

Telephone 01332 285435 (office)

Free sessions suitable for children aged 3 and above, in the family friendly Resource area just outside QUAD gallery. Sat. & Sun. 11am–4pm. Children must be accompanied.

### Scouts

*Nottinghamshire Scout Association, Unit One, Trinity House, Unit 1, Robey Close, Linby, Notts. NG15 8AA*

Telephone 0115 9523617

Email [crc@notts-scouts.org.uk](mailto:crc@notts-scouts.org.uk)  
 Websites [www.nottinghamshire-scouts.com](http://www.nottinghamshire-scouts.com) and  
[www.nottingham-scouts.org.uk](http://www.nottingham-scouts.org.uk)

Helping boys and girls enjoy new adventures, experience the outdoors; interact with others, gain confidence and have the opportunity to reach their full potential. Contact for suitable local groups with appropriate access, support etc. if your child has disabilities.

**Beavers** 6–8 yrs; **Cubs** 8–10½ yrs; **Scouts** 10½–14 yrs, **Explorer Scouts** 14–18 yrs.

## Clubs and activities for children and young people with a disability

### 36th Nottingham Guides, Rangers and Trefoil Guild

(for girls and women with disabilities)

*Acorn Resource Centre, Mary Potter Centre, 76 Gregory Boulevard, Nottm. NG7 5HY*

Telephone 0115 8831157 or 58 (The Information Service, Children's

Development Centre if your child would like to join and we will pass on your details)

Offers fun and activities to children and adults with more severe physical and learning disabilities. Can provide transport to Acorn Resource Centre from within the city if required. Meets on alternate Friday nights. Guides 10–approx 14 years, Rangers

14–approx 25 years, Trefoil 25 years+.

### A Place to Call Our Own (APTCOO)

*Unit 15, Botany Park, Botany Avenue, Mansfield, Nottinghamshire NG18 5NF*

Telephone 01623 629902

Email [enquiries@aptcoo.org](mailto:enquiries@aptcoo.org)

Website [www.aptcoo.co.uk](http://www.aptcoo.co.uk)

Sensory room, toy library, chillax room, accessible garden and leisure area.

**After School Group:** activity sessions every Wednesday 4–6pm (5–10 year olds)

**Lego Play:** every other Saturday 10am–12noon. The sessions encourage children to interact with one another through collaborative play with construction toys which are highly motivating to children with autism and relating conditions.

**Siblings Group:** for siblings of a family member with SEN and disability, from the ages of 8 to 15 years. Tuesdays 4.30–6.30 pm

**Wicked Workshops:** for families who have a child with SEN and disability to get together, have fun and participate in a variety of 'arts' workshop activities. Alternate Saturdays 11am–1pm

**Youth Club**—For 11–13 year old young people with SEN and disability to help with social skills, project work, interacting with other young people and the APTCOO team. Mon, Wed, Thurs 6.30–8.30pm. Information also available on Facebook.

### Fun Days in Nottinghamshire

Telephone 0115 915 3265 (Oakfield School) or 07824 871706

Email [h.derby@oakfield.nottingham.sch.uk](mailto:h.derby@oakfield.nottingham.sch.uk) or

[info@fundaysinnottinghamshire.co.uk](mailto:info@fundaysinnottinghamshire.co.uk)

Website [www.fundaysinnottinghamshire.co.uk](http://www.fundaysinnottinghamshire.co.uk)

Charity providing 'out of school hours' facilities and activities for children and young adults with physical disabilities, severe and profound learning disabilities and those with complex health and medical needs. Provide Summer School during July and August at Oak Field School, Bilborough, and some activities for young people.

### Hallcroft Hands

*Hallcroft Children's Centre, Whitaker Close, Retford, Nottinghamshire DN22 7QH*

Telephone 01777 712950

Drop in and play group on first Saturday of the month 10am–12 noon for ages 0–12 with a disability (no definite diagnosis necessary)

### Lea Green Centre—Activ-ability

*Main Road, Lea nr Matlock, Derbyshire DE4 5GJ*

Telephone 01629 534561

Email [leagreen.admin@derbyshire.gov.uk](mailto:leagreen.admin@derbyshire.gov.uk)

Website [www.derbyshire.gov.uk/leagreen](http://www.derbyshire.gov.uk/leagreen)

Accessible activities for people with disabilities and additional needs to help develop skills, increase confidence, make new friends and enjoy themselves. Individual days, weekends and a five day residential breaks (Mon to Fri) available. Families can use the respite care facility for a short break or holiday. Activities include accessible sensory and play area, buggies and bikes, canoeing, climbing, soft play, wheelchair abseiling etc

### Look Inside Sensory Learning and Play CIC

*City College, Carlton Road, Nottingham NG3 2NR*

Telephone 07424 032564 or 07424 038353

Email [info@lookinside.org.uk](mailto:info@lookinside.org.uk)

Website [www.lookinside.org.uk](http://www.lookinside.org.uk)

Sensory play, arts and crafts (free play for children aged 1–11 yrs), after school club (3.15–6pm for 5–11 yrs which also runs during holidays and inset days). Contact for prices.

### Nottinghamshire Club for Children and Young People

*Monty Hind Youth Centre, Leengate, Lenton. Nottingham NG7 2LX*

Telephone 0115 9705405

Club for young people with disabilities which meets on Mon. evenings from 7–9pm (ages 15–25 years)

### Nottinghamshire Pioneers Youth Forum

*Myplace@ Westfield Folkhouse, Westfield Lane, Mansfield, Nottinghamshire NG18 1TL*  
 (Sat nav: NG18 1TD)

Provides an opportunity for young disabled people aged 13–24 years to give and share information in youth forums and represent young people's views through consultation with other agencies. Monthly, usually 3rd Saturday 11am–3pm, but contact the Disability Support Team 01623 466121 for confirmation and more details.

### NUH Youth Service—Monday Activity Sessions

*NUH Youth Service, Nottingham Children's Hospital, Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9709421

Email [nuhyouthservice@nuh.nhs.uk](mailto:nuhyouthservice@nuh.nhs.uk)

Website [www.nuhyouthservice.org.uk/monday-activity-sessions/](http://www.nuhyouthservice.org.uk/monday-activity-sessions/)

Monthly sessions in the Youth Room, 6.30–8.30, different theme each month: 1st Monday in the month: Youth Achievement Awards, 2nd: Lego, 3rd: Cooking, 4th: Photography. These sessions are for inpatients, outpatients and their siblings. Contact as above to register.

**NUH Youth Service—Youth Club**

*Meets at Monty Hind Youth Centre, Leengate, Nottingham NG7 2LX (behind the QMC)*

Telephone 0115 9709421

Email nuhyouthservice@nuh.nhs.uk

Website www.nuhyouthservice.org.uk/youth-club/

Support across Nottingham for young people (15–20+ years) with a long-term health condition, and their siblings. Activities include pool, table tennis, computer games, art & crafts, group games, team-building activities, drama and much more. Weds. evening 7–9pm.

**Open Windows**

*Young People's Centre, Calverton Leisure Centre, Flatts Lane, Calverton, Nottm NG14 6JZ*

Telephone 0115 956 0673 (Gedling Play Forum)

Email admin@gedlingplayforum.org

Aims to run 2nd Saturday each month, 11am–1pm, but contact to check. Run by parents for parents.

**Phab Nottingham**

Telephone 0115 8967467

Website www.phabnottingham.com

Facebook phabnottingham

Fun activities fortnightly at weekends during university term times for young people aged 9–18 years who have disabilities. Run by trained student volunteers. Trips are on Sundays

**SKY Club (Special Kids Youth Club)**

*Loco Youth Centre, Victoria Road, Netherfield, Nottinghamshire NG4 2PD*

Telephone 07817 634374

Email julierastall@gmail.com

Club for children and young people with any disability (8–25 years) Runs from 10–11.30am last Saturday of the month. IT Suite, pool room, quiet area, arts and crafts, sport activities, board games, tuck shop, Wii etc.

**Special Effect**

*The Stable Block, Cornbury Park, Charlbury, Oxfordshire OX7 3EH (Sat Nav: OX7 3EJ)*

Telephone 01608 810055

Email info@specialeffect.org.uk

Website www.specialeffect.org.uk

Charity which aims to enable everyone, whatever their physical disability to enjoy video games using accessible gaming consoles, computers and technology. No charge for help or loans. Can arrange home visits if your child's disability limits travel.

**Clubs and activities for children and young people who have an autistic spectrum disorder****The Best that We Can Be**

*Autism East Midlands Dukeries Centre, Park Street, Worksop Notts. S80 1HH*

Telephone 01909 506678

Support group for parents and activities for children/young people with autistic spectrum disorders and their friends and siblings on the third Tuesday of the month from 4–9pm.

**Escape Play Ltd**

*6 Pentrich Road, Giltbrook Industrial Park, Giltbrook, Nottingham NG16 2UZ*

Telephone 0115 9386206

Email info@escapeplay.co.uk

Website www.escapeplay.co.uk

Facebook Escape Family Adventure Play Area

Indoor soft play from 8 months–14 years, with separate areas for under 4's and over 4's, sports area and Go Karts. Refreshments and hot/cold food served daily. Escape provides private play sessions for children with Autism, Aspergers or ADHD and their families (up to 4 per year). Please ring, check website/facebook for details.

**Indigo Kids**

*Upper Floor, The Old Town Hall, 3a Watnall Road, Hucknall, Notts. NG15 7LD*

Telephone 0115 9521164

Email indigokids@live.com

Website www.indigokids.org.uk

Facebook www.facebook.com/indigokidsevents

Kids Club for 4–10 year olds 5.30–7.25pm Tuesdays, Adventure Kids 10–13 year olds, Wednesdays, Youth Club 13+ years Thursdays. Children do not need a diagnosis, siblings welcome. Lego Therapy runs once a year.

**National Autistic Society—Youth Clubs (Mansfield, Newark and Nottingham)**

*NAS, Castle Heights 1st Floor, 72 Maid Marian Way, Nottm NG1 6BJ*

Range of activities eg. cooking, bowling, nature walks, Laser Quest, theme parks, pantos, wii games nights, geocaching, swimming, summer fayre for young people 11–19 with Autism/Asperger diagnosis. Clubs run monthly, cost (June 2016) £10.

**Mansfield area (Usually Monday 6–8pm)**

*Portland College, Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ*

**Newark area (Usually Monday 6–8pm)**

*Hope House School, Barnby Road, Newark Nottinghamshire NG24 3NE*

**Nottingham area (Usually Tuesday 6.30–8.30pm)**

*Sherwood E-ACT Academy, Wollaton Avenue, Gedling, Nottingham NG4 4HX*

Telephone 07436 262084

Email sophie.dunlop@nas.org.uk

**Supergirls Social Network**

Website www.supergirlsocialnetwork.co.uk

Helping girls aged 7–11 with Asperger Syndrome/higher functioning autism to make friends and build confidence. Rushcliffe area.

**Clubs for children and young people who have physical disabilities****Nottingham Ambassador Club (run by Whizz Kidz)**

*West Bridgford Young People's Centre, Bridgford Rd, West Bridgford, Notts. NG2 6AT.*

Telephone 07867122187 or 0800 151 3350 (freephone from landline)

Email ambassadors@whizz-kidz.org.uk

Website www.whizz-kidz.org.uk/

Opportunity to meet other young disabled people, learn new skills, have fun and make new friends. For wheelchair users aged 8–25 years. The club currently runs once a month on a Saturday 10am–3pm. Application form available on website. Groups plan their own activities and attendance is free. Healthcare support (for personal or medical care needs) provided by health care assistants, to enable young people to attend independently. Those with epilepsy, a catheter or requiring tube feeding, need to complete a form giving the necessary information. Note that Whizz-Kidz provides additional free services including Wheelchair Skills Training Courses, work placements for young wheel chair users and provides wheelchairs to families that need them (see *Equipment* section pages 192–193 for more details.)

## Country parks

These are just some of the country parks in Nottinghamshire. Contact or check website for special events [www.nottinghamshire.gov.uk/countryparks](http://www.nottinghamshire.gov.uk/countryparks)

### Attenborough Nature Reserve

*Barton Lane, Attenborough, Nottingham NG9 6DY*

Telephone 0115 972 1777

The car park has accessible spaces. The Nature Centre is fully accessible and all on one level. An accessible toilet is available. A wheelchair can be borrowed to get from the car park to the Nature Centre (contact as above). The Nature Reserve is on one level with some steeper slopes over bridges. The path surfaces are accessible, but it may be worth checking before your visit on the state of the paths as some are liable to flooding in very wet weather.

### Bestwood Country Park

*Park Road, Bestwood Village, Nottinghamshire NG6 8TQ*

Telephone 0115 9273674 (Park rangers and office) 0300 500 80 80

(Visitor information)

Email [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

Hilly site, but some paths are wheelchair accessible and the area near the Winding Engine House is fairly flat. The Dynamo House and Winding Engine House are fully accessible and have an audio loop. Accessible toilet in the Dynamo House.

### Cotgrave Country Park

*Hollygate Lane, Cotgrave, Nottinghamshire NG12 3JW*

Telephone 0300 500 8080

Email [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

Informal green space. Surfaced tracks and trails and a free car park. There are no toilets or refreshment facilities.

### Holme Pierrepont Country Park

*National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Notts. NG12 2LU*

Telephone 0115 982 1212

Email [info.nwsc@serco.com](mailto:info.nwsc@serco.com)

All buildings and the majority of paths are wheelchair accessible

### Rufford Abbey Country Park

*Ollerton, Nottinghamshire NG22 9DF*

Telephone 01623 821338

Email [rufford.park@nottsc.gov.uk](mailto:rufford.park@nottsc.gov.uk)

The park is mostly flat and accessible by wheelchair users. Accessible toilets at Rufford Abbey courtyard and Rufford Mill. Changing Places in Rufford Abbey courtyard. RADAR keys from the Visitor Information Office or shop. Free wheelchair loan and electric mobility scooters (pay per hour) at Visitor Information Office. Please book in advance: 01623 821338 (10.30am–4.30pm).

### Sherwood Forest National Nature Reserve

*Edwinstowe, Mansfield, Nottinghamshire NG21 9HN*

Telephone 01623 823202 (10.30am to 4.30pm)

Email [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

Visitor Centre, shops and restaurants and some paths are fully accessible for wheelchairs. Accessible toilets at the Visitor Centre. Free wheelchair loan and electric mobility scooters (pay per hour) at Visitor Information. Please ring to check availability and book.

### Shipley Country Park

*Slack Lane, Heanor, Derbyshire, DE75 7GX*

Telephone 01773 719961

Email [countrysideservice@derbyshire.gov.uk](mailto:countrysideservice@derbyshire.gov.uk)

Two all terrain mobility scooters available for ages 16 plus. Changing Places toilet. Wheelchair accessible visitor centre, café and toilets. 'Access for All' routes. Disabled fishing platforms.

Information about events in Nottingham city parks is available on the council website ([www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)) under *Parks and Open Spaces* in the A to Z. Events in parks are also listed in *What's On* which should be available at your local city library.

## Going to the cinema

### Cinema Exhibitor's Association (CEA) Card

*PO Box 212, Waterlooville PO7 6ZN*

Telephone 023 9224 8545

Textphone 18001 023 9224 8545

Website [www.ceacard.co.uk](http://www.ceacard.co.uk)

A national scheme to ensure that participating cinemas make reasonable adjustments for people with disabilities, and provide a complimentary ticket for a carer to go to the cinema with them. Your child should be in receipt of Disability Living Allowance or Personal Independence Payment. More details, how to apply for the CEA Card and a list of participating cinemas, are available on the website.

### Autism friendly screenings

Many cinemas provide these special screenings (with low lights, low volume). These are some in the Nottinghamshire and Derby area:

#### Broadway Cinema

*14–18 Broadway Street, Nottingham NG1 3AL*

Telephone 0115 9526611

Email [info@broadway.org.uk](mailto:info@broadway.org.uk)

Website [www.broadway.org.uk](http://www.broadway.org.uk)



Supportive Environment Screenings, low lights are left on in the auditorium, volume of the soundtrack is reduced. Customers can move around, make a noise or take a break during the film. Check website for screenings, dates and times

### Cineworld Nottingham

*The Corner House, 29 Forman Street, Nottingham NG1 4AA*

Telephone 0871 200 2000

Website [www1.cineworld.co.uk/cinemas/nottingham](http://www1.cineworld.co.uk/cinemas/nottingham)

Autism friendly screenings available. Check website for details.

### Quad, Derby

*QUAD, Market Place, Cathedral Quarter, Derby DE1 3AS*

Telephone 01332 290606 (Box Office)

Email [info@derbyquad.co.uk](mailto:info@derbyquad.co.uk)

Website [www.derbyquad.co.uk](http://www.derbyquad.co.uk) (Go to *Cinema*, then

*Supportive Environment*)

Monthly “Supportive Environment” screenings suitable for adults and children with specific needs and people with an autistic spectrum disorder. No adverts or trailers before these films. The films are not available to book online. Contact the Box Office as above.

### Savoy Cinema, Worksop

*Bridge Street, Worksop, Nottinghamshire S80 1HP*

Telephone 01909 481900

Website [www.savoyworksop.co.uk](http://www.savoyworksop.co.uk)

Supportive Screenings (with low lights and reduced volume) at 10am every Sunday morning with a range of PG and U rated films. Customers can move around, make a noise or take a break during the film.

### Showcase Nottingham Cinema de Lux

*Redfield Way, Lenton, Nottingham NG7 2UW*

Telephone 0871 220 1000 (ticketline)

Website [www.showcasecinemas.co.uk](http://www.showcasecinemas.co.uk)

Autism friendly film screenings. Lights and volume on low, no trailers at the beginning of the film. Customers can move around the cinema if they wish.

## Screenings for those with hearing or sight impairment

### Yourlocalcinema.com

Special showings at local cinemas of newly released films in subtitled or audio described format. For times, dates and venues, go to *Search* at [www.yourlocalcinema.com](http://www.yourlocalcinema.com)

## Holidays and Outings

- Contact a Family (0808 808 3555, [www.cafamily.org.uk](http://www.cafamily.org.uk)) produce a booklet which is available online *Holidays play and leisure*
- Holidays for All website brings together a number of holiday organisations which cater for people with special needs [www.holidaysforall.org.uk](http://www.holidaysforall.org.uk)

- The National Autistic Society (0808 800 4104, [www.autism.org.uk](http://www.autism.org.uk)) has some factsheets available online: *Holidays—preparation and practicalities* and *Holidays and days out*
- *The Rough Guide to Accessible Britain* aims to help people with disabilities to plan hassle free outings across Britain. Note that the latest version is online only and dated 2016 (6th edition): [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk)

### Access Travel

*6 The Hillock, Astley, Lancashire M29 7GW*

Telephone 01942 888844 (Monday to Friday 9am–4pm)

Email [office@access-travel.co.uk](mailto:office@access-travel.co.uk)

Website [www.access-travel.co.uk](http://www.access-travel.co.uk)

Wheelchair accessible holidays in worldwide destinations, all personally inspected or suggested by a wheelchair user.

### Accessible Travel

*Avionics House, Newhaven Road, Kingsway Business Park, Quedgeley, Gloucester*

GL2 2SN

Telephone 01452 729739

Email [info@accessibletravel.co.uk](mailto:info@accessibletravel.co.uk)

Website [www.accessibletravel.co.uk](http://www.accessibletravel.co.uk)

Accessible “tried and tested” accommodation and holidays

### APTCOO (Caravans at Skegness)

Telephone 01623 629902

Email [samantha.wright@aptcoo.org](mailto:samantha.wright@aptcoo.org)

Website [www.aptcoo.co.uk/services/aptcoo-caravan.html](http://www.aptcoo.co.uk/services/aptcoo-caravan.html)

Two caravans at Butlin's Skegness holiday park for rent to families across Nottinghamshire, available each year from April–October. Both caravans are adapted for wheelchair access and sleep up to 6 people. Contact above for information and booking.

### Away From It All holidays (AFIA)

*MU Office, Jubilee House, Westgate, Southwell, Notts NG25 0JL*

Telephone 01636 817288

Website [www.themothersunion.org](http://www.themothersunion.org)

For families experiencing stress. Mothers' Union normally helps with part of the cost of a holiday or with travel expenses, but sometimes can pay for the whole trip. Applicants don't have to be a member of a church and can apply themselves or on another's behalf. Holidays may be organised family weeks with activities and outings, or in mobile homes, or day trips. See website for details of how to apply.

### Calvert Trust

*Calvert Trust Lake District, Little Crosthwaite, Keswick, Cumbria CA12 4QD*

Telephone 01768 772255

Email [enquiries@lakedistrict.calvert-trust.org.uk](mailto:enquiries@lakedistrict.calvert-trust.org.uk)

*Calvert Trust Kielder, Kielder Water, Hexham, Northumberland NE48 1BS*

Telephone 01434 250232

Email [enquiries@calvert-kielder.com](mailto:enquiries@calvert-kielder.com)

*Calvert Trust Exmoor, Wistlandpound, Kentishbury Barnstaple, Devon EX31 4SJ*

Telephone 01598 763221  
 Email [exmoor@calvert-trust.org.uk](mailto:exmoor@calvert-trust.org.uk)  
 Website [www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

Calvert Trust offers challenging activity holidays and outdoor pursuits courses at the 3 centres listed above, specifically for people with physical, sensory or learning disabilities, alongside their friends and family. They encourage participants to reach their potential and feel a sense of achievement. Groups and individuals welcome. All ages and abilities. Bursary funding may be available for those who are eligible.

### Canalability

*Lock View, Burnt Mill Lane, Harlow, Essex CM20 2QS*

Telephone 01279 424444 (Mon–Fri, 9.45am–1.30pm)  
 Email [hello@canalability.org.uk](mailto:hello@canalability.org.uk)  
 Website [www.canalability.org.uk](http://www.canalability.org.uk)

Canal holidays and day trips for people with disabilities on specially adapted boats.

### Cystic Fibrosis Holiday Fund

*1 Bell Street, London NW1 5BY*

Telephone 020 7616 1300  
 Email [info@cfholidayfund.org.uk](mailto:info@cfholidayfund.org.uk)  
 Website [www.cfholidayfund.org.uk/](http://www.cfholidayfund.org.uk/)

The Cystic Fibrosis Holiday Fund offers financial assistance to children and young people with CF up to the age of 25 to enable them to have a break. Contact or download application form from the website.

### Disabled Holiday Information (UK)

Website [www.disabledholidayinfo.org.uk](http://www.disabledholidayinfo.org.uk)  
 Accessible holiday accommodation, attractions, activities and trails, for all disabilities and mobility issues.

### Disability Holidays Guide

Website [www.disabilityholidaysguide.com/](http://www.disabilityholidaysguide.com/)  
 Online guide to accessible holidays in the UK and abroad.

### Disabled Holidays

Website [www.disabledholidays.com/](http://www.disabledholidays.com/)  
 Search facility for a range of accessible holidays in the UK and abroad

### Dreamflight — see page 247

### Enable Holidays

*Arion Business Centre, Harriett House, 118 High St., Erdington, Birmingham B23 6BG*

Telephone 0871 2224939  
 Email [info@enableholidays.com](mailto:info@enableholidays.com)  
 Website [www.enableholidays.com](http://www.enableholidays.com)

UK and overseas hotels and apartments checked by qualified staff and graded for level of accessibility. Many include wheel-in showers, grab rails, pool hoists and adapted facilities.

### Harriet Davis Trust

*Tenby Observer Offices, Warren Street, Tenby SA70 7JY*

Telephone 01834 845197 (Booking),  
 01834 814645 (General enquiries)  
 Email [admin@harriet-davis-trust.org.uk](mailto:admin@harriet-davis-trust.org.uk)  
 Website [www.harriet-davis-trust.org.uk/](http://www.harriet-davis-trust.org.uk/)

Four self-catering holiday houses in Pembrokeshire, for families with disabled children. Three houses are in the Tenby area are fully adapted and equipped for physically disabled children and the other, in Narberth, has been adapted for children with autism and other learning disabilities. All the houses have convenient parking and are available all year

### The Holiday Homes Trust

*c/o Gilwell Park, Chingford, London, E4 7QW*

Telephone 0208 4337290/1  
 Email [scout.holiday.homes@scouts.org.uk](mailto:scout.holiday.homes@scouts.org.uk)  
 Website [www.holidayhomestrust.org](http://www.holidayhomestrust.org)

Low cost self catering caravan/chalet holiday accommodation in the UK for those who are disadvantaged through disability, income or circumstances. All units are adapted for wheelchair access. There is no requirement to belong to Scouts or Guides, but discount rates are available for those who are members.

### Kiloran Trust (for Carers)

*157 Blythe Road, London W14 0HL*

Telephone 0207 6027404  
 Website [www.kilorantrust.org.uk](http://www.kilorantrust.org.uk)

Welcoming house in west London where full time carers can come for a break (Mondays to Saturdays), whilst the person cared for is in respite.

### Livability

*The West Shore Hotel, West Parade Llandudno, Conwy LL30 2BB*

Telephone 01492 876833  
 Email [westshore@livability.org.uk](mailto:westshore@livability.org.uk)  
 Website [www.livability.org.uk](http://www.livability.org.uk)

Accessible hotel in North Wales

### Matching Houses

Website [www.matchinghouses.com](http://www.matchinghouses.com)  
 Holiday house exchange for people with disabilities to swap houses with other people who have the same accessibility needs. Properties worldwide.

### Open Britain

Website [www.openbritain.net/](http://www.openbritain.net/)  
 This website provides a one stop shop for accessible destinations and places to stay in the UK. All of the properties listed have been assessed by the organisation.

### The Thomas Centre

*Covenham St Bartholomew, Louth, Lincolnshire LN11 0PB*

Telephone 01507 363463  
 Email [enquiries@thethomascentre.co.uk](mailto:enquiries@thethomascentre.co.uk)

Self catering holiday centre designed for families with a child with disabilities such as autistic spectrum disorder, ADHD or Tourette Syndrome, epilepsy, cerebral palsy etc. Relaxing woodland site with playbarn, swimming pool, play park and go carts, gym, sensory area.

### **Torbay Holiday Helpers Network**

*16 Babbacombe Road, Torquay, Devon TQ1 3SJ*

Telephone 01803 325152, 07768 770434

Email [enquiries@thhn.co.uk](mailto:enquiries@thhn.co.uk)

Website [www.thhn.co.uk](http://www.thhn.co.uk)

Free fun filled memory making holidays for families who have seriously ill children, families who are recently bereaved (having lost a child or parent) and for families who have a terminally ill parent. Holidays and services are donated by accommodation, travel & tourism business owners, and awarded following referral by NHS medical professionals, social workers or registered charity support workers.

### **Tourism for All (UK)**

Website [www.tourismforall.org.uk](http://www.tourismforall.org.uk)

Places to visit, planning the trip, accommodation etc. meeting specific access needs.

### **When You Wish Upon a Star**

*Futurist House, Valley Road, Nottingham NG5 1JE*

Telephone 0115 9791720

Email [midlands@whenyouwish.org.uk](mailto:midlands@whenyouwish.org.uk)

Website [www.whenyouwish.org.uk](http://www.whenyouwish.org.uk)

Villas in Florida and Alicante and a lodge in Cornwall for rent to families with a child aged 2–16 with life threatening condition or terminal illness. Contact for further details.

### **Youth Cancer Trust**

*Tracey Ann House, 5 Studland Road, Alum Chime, Bournemouth BH4 8HZ*

Telephone 01202 763591

Email [admin@yct.org.uk](mailto:admin@yct.org.uk)

Website [www.youthcancertrust.org/](http://www.youthcancertrust.org/)

Support and free activity holidays for young people aged 14–30 diagnosed and living with cancer or those in remission for up to five years. Includes friends, siblings, groups of friends made while in hospital. Holidays take place in Bournemouth, all year round.

### **Insurance for holidays for children with disabilities**

These are some of the organisations which may be able to provide the insurance cover needed:

#### **Fish Insurance**

*12 Sceptre Court, Sceptre Way, Bamber Bridge, Preston PR5 6AW*

Telephone 0333 331 3770 (9am–5.30pm)

Email [admin@fishinsurance.co.uk](mailto:admin@fishinsurance.co.uk)

Website [www.fishinsurance.co.uk](http://www.fishinsurance.co.uk)

Insurance products (including travel insurance) for those with pre-existing medical conditions, mobility issues and disabilities.

### **Free Spirit**

*Stansted House, Rowlands Castle, Hampshire PO9 6DX*

Telephone 0800 170 7704 (Monday to Friday 8am–6pm except Bank Holidays)

Email [contact@freespirittravelinsurance.com](mailto:contact@freespirittravelinsurance.com) or via website

Website [www.freespirittravelinsurance.com](http://www.freespirittravelinsurance.com)

Specialist travel insurance for those with medical conditions. Terminal conditions may be considered.

### **Good to Go Insurance**

*Kao Hockham Building, Edinburgh Way, Harlow, Essex CM20 2NQ*

Telephone 0330 024 9949 for a quotation. (Mon–Fri 8am–9pm, Sat/Sun 8.30am–5pm)

01279 621662 (Customer services. Mon–Fri 9am–5pm)

Website [www.goodtogoinurance.com](http://www.goodtogoinurance.com)

Travel insurance for medical, including terminal conditions..

### **Unique Insurance**

Telephone 0800 519 0751

Email [unique@ajg.com](mailto:unique@ajg.com)

The National Autistic Society, in partnership with insurance service Unique, offers a specialist travel insurance policy for people affected by autism and other pre-existing medical conditions, disabilities and allergies and, families and friends travelling with them. Members of the National Autistic Society receive a 10% discount. For details see:

[www.autism.org.uk](http://www.autism.org.uk)

## **Libraries**

### **Nottingham Libraries and Information Service**

Website [www.nottinghamcity.gov.uk/libraries](http://www.nottinghamcity.gov.uk/libraries)

Activities, school holiday events, free computer and WiFi access. Libraries are free to join and you can find your nearest one via the website. Books, DVDs, e-books, online resources, information about local services and community groups are some of the services provided. Totstimes, homework help etc. is available. See also *Bookstart* in the *Early Years and Childcare* section of this directory.

### **Nottinghamshire Libraries**

Website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

(Go to *Browse*, then *What's On*)

Libraries provide books, DVDs, e-books, audiobooks, and music CDs, large print books, computer access etc. There are toddler sessions, holiday activities for children, Bookstart packs. Membership is free.

### **Living Paintings (book loaning service)**

*Unit 8, Kingsclere Park, Newbury, Berkshire RG20 4SW*

Telephone 01635 299771

Email [info@livingpaintings.org](mailto:info@livingpaintings.org)

Website [www.livingpaintings.org](http://www.livingpaintings.org)

Charity which designs, creates and publishes tactile and audio books for the blind and partially sighted. These *Touch to See* books are distributed via their free postal library. The books are for learning and leisure and contain raised tactile images accompanied by audio guides. See website for the library catalogue and information about becoming a member.

### **RNIB National Library Service**

*P O Box 173, Peterborough PE2 6WS*

Telephone 0303 1239999

Email [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

Website [www.rnib.org.uk](http://www.rnib.org.uk) (Go to Information for Everyday Living)

Books for children who are visually impaired are available to borrow from the RNIB National Library Service. These include books in braille, audio, large or giant print (24 point). Talking Books in a range of formats and titles are listed on the online catalogue. The website has details to sign up for this service. There is also an online bookshop.

### **Seeing Ear**

*The Librarian, The Seeing Ear, The Watch Oak, Chain Lane, Battle, East Sussex TN33 0YD*

Email [librarian@seeingear.org](mailto:librarian@seeingear.org)

Website [www.seeingear.org](http://www.seeingear.org)

Free online library for visually impaired readers or those who have print blindness due to dyslexia or are physically impaired. All the books are available for download in a variety of accessible formats, including Microsoft Word, plain text and Braille. The books in Microsoft Word format are marked up so that they can be customised to suit the reader. Books can be read using a text-to-speech converter, screen magnification or electronic Braille. Only library members can download books and details of how to become a member are on the website.

## **Play Forums**

Providing resources for local playgroups, playschemes, community groups etc. who join as members, training courses and events, including some holiday activities. Check individual websites for details.

### **Ashfield Play Forum**

*Morven Avenue, Sutton in Ashfield, Nottinghamshire NG17 1AN*

Telephone 01623 441168

Email [info@ashfieldplayforum.co.uk](mailto:info@ashfieldplayforum.co.uk)

Website [www.ashfieldplayforum.co.uk](http://www.ashfieldplayforum.co.uk)

Provision of resources for children's play activities taking place in Ashfield. Membership is open to groups and individuals working with children aged 0 to 16. Contact as above for membership details. Scrapstore and equipment for loan. Toy library available for children in the Ashfield area who are aged 0–8 years. For the toy library there is no joining fee and it costs 20p to hire toys (maximum of two) for a week.

### **Bassetlaw Play Forum**

*Unit 11 Old Brewery Yard, Kilton Road, Worksop, Nottinghamshire S80 2DE*

Telephone 07519 867681

Email [office@bassetlawplayforum.org.uk](mailto:office@bassetlawplayforum.org.uk)

Website [www.bassetlawplayforum.org](http://www.bassetlawplayforum.org)

Annual membership fee to access resource centre of play materials, shop, equipment hire.

Open Tuesday 9am–1pm, Wed 9am–5pm, Thurs 1–4pm. See website for special events.

### **Broxtowe Play Forum Resource Centre**

*Unit 2/3 Montrose Court off Melbourne Road, Stapleford, Nottinghamshire NG9 8LJ*

Telephone 0115 9491497

Email [broxtowe.play@btconnect.com](mailto:broxtowe.play@btconnect.com)

Facebook [www.facebook.com/BroxtowePlayForum](http://www.facebook.com/BroxtowePlayForum)

Provide free or low cost resources for children's play activities in play groups, afterschool clubs etc. in Broxtowe. Groups pay an annual membership fee to access craft shop, scrapstore. Craft, sports and play equipment is available for weekly hire. Open Tues and Thurs 10am–12pm and 1–4pm. Shop opens to wider community on payment of one-off joining fee, on Weds 10.30am–2.30pm.

### **Gedling Play Forum**

*Wollaton Avenue Community Centre, Gedling, Nottinghamshire NG4 4HX*

Telephone 0115 9560673

Facebook [www.facebook.com/GedlingPlayForum](http://www.facebook.com/GedlingPlayForum)

Scrapstore open to parents as well as groups, play equipment hire. Sew and chat group for parents of children with disabilities. Play forum normally open Tue and Thu: other times by arrangement.

### **Mansfield Play Forum**

*31 Hickling Court, Off Kingston Road, Mansfield, Nottinghamshire NG18 2NY*

Telephone 01623 421149

Email [joe@mansfieldplayforum.co.uk](mailto:joe@mansfieldplayforum.co.uk)

[gill@mansfieldplayforum.co.uk](mailto:gill@mansfieldplayforum.co.uk)

Website [www.mansfieldplayforum.co.uk/](http://www.mansfieldplayforum.co.uk/)

Resource Centre of play and craft materials available at low prices, equipment (bouncy castles, parachutes) available for weekend hire. Toy Library. Provide play sessions, crèches at events, training and workshops.

### **Newark and Sherwood Play Support Group**

*Edward Avenue, Newark, Nottinghamshire NG24 4UZ*

Telephone 0845 618 5060 or 01636 647121

Email [playsupport@btconnect.com](mailto:playsupport@btconnect.com)

Website [www.newarkandsherwoodplaysupportgroup.co.uk](http://www.newarkandsherwoodplaysupportgroup.co.uk)

Information, advice, resources for local community groups who join as members.

Equipment hire, mobile support unit (to help develop local playschemes), scrap resources, toy library. Open Tues–Fri 10am–3pm.

### **Play Works Nottingham**

*Alfred Street North, Nottingham NG3 1AE*

Telephone 0115 958 9199

Email [info@playworks.org.uk](mailto:info@playworks.org.uk)

Website [www.playworks.org.uk](http://www.playworks.org.uk)

Resource centre and scrapstore for local community groups who join as members. Different membership categories including one for parents and carers. Provides free play activities in local parks (see website for details), training, advice, information, room hire and crèche, arts and crafts shop. Scrapstore and shop open Mon–Thurs 10am–4.45pm

### Rushcliffe Play Forum

*The Bungalow, Keyworth Primary School, Nottingham Road, Keyworth, Nottinghamshire NG12 5FB*

Telephone 0115 9374589 (Monday to Friday 10.00–5.00)

Email [rushcliffe.playforum@btopenworld.com](mailto:rushcliffe.playforum@btopenworld.com)

Website [www.rushcliffeplayforum.org.uk](http://www.rushcliffeplayforum.org.uk)

Scrapstore, art and craft shop for local community groups who join as members. Family membership also available. Open Tuesday 12.00–5.00, Thursday 10.00–4.00

## Sensory rooms

There are sensory rooms in some of the Children's Centres and usually parents can book a sensory room for their child's use. Parents may need to register and have an induction before using it for the first time. See list of Children's Centres in the *Early Years and Childcare* section of this directory.

### A Place To Call Our Own (APTCCO)

*Unit 15, Botany Park, Botany Avenue, Mansfield, Nottinghamshire NG18 5NF*

Telephone 01623 629902

Email [enquiries@aptcoo.org](mailto:enquiries@aptcoo.org)

Website [www.aptcoo.co.uk](http://www.aptcoo.co.uk)

Sensory room available

### Cotgrave Candleby Lane School

*Candleby Lane, Cotgrave, Nottinghamshire NG12 3JG*

Telephone 0115 9892284

A sensory room which parents or staff can book when it is available, by contacting Mel Bucklow at the school.

### Indigo Kids

*Upper Floor, The Old Town Hall, 3a Watnall Road, Hucknall, Notts. NG15 7LD*

Telephone 0115 9521164

Email [indigokids@live.com](mailto:indigokids@live.com)

Website: [www.indigokids.org.uk](http://www.indigokids.org.uk)

Facebook [www.facebook.com/indigokidsevents](https://www.facebook.com/indigokidsevents)

Sensory room will be available later in 2016. Contact or check website for details.

### John Carroll Leisure Centre

*Denman Street Central, Radford, Nottingham NG7 3PS*

Telephone 0115 876 1600

Sensory room for toddlers and children with sensory processing disorders. The room has maximum capacity for sixteen people. Customers can access specific sessions which run alongside other activities such as Notts Gym Tots. There are also a range of additional sessions throughout the day.

### Look Inside, Sensory Learning & Play CIC

*City College Carlton Road, Carlton, Nottingham NG3 2NR*

Telephone 07424 032564 or 07424 038353

Website [www.lookinside.org.uk](http://www.lookinside.org.uk)

Sensory learning and play for children and adults aged 0–25 years with disabilities, special educational needs and behavioural needs. Booking advised. Mon–Sat 10am–6pm (last entry 5pm)

### Nottingham Mencap

*Harpden House, 203 Edwards Lane, Sherwood, Nottingham NG5 3JA*

Telephone 0115 920 9524

Email [info@n-mencap.org](mailto:info@n-mencap.org)

Website [www.nottinghammencap.org.uk](http://www.nottinghammencap.org.uk)

Parents and carers and members of Nottingham Mencap can book the sensory room on payment per session.

## Short Breaks

### Short Breaks Service (Nottingham City Council)

*The Short Breaks Team, Mary Potter Health Centre, 76 Gregory Boulevard, Hyson Green, Nottingham NG7 5HY*

Telephone 0115 8838280

Services include:

**Contract Care** by approved carers who provide overnight short breaks for children and young people aged 0–19 years in their own homes. Support for up to two nights per month.

**Home care** services which provide practical support to families with children aged 0–18 such as getting their child ready for school or supporting them with personal care needs.

**Link Workers** supporting disabled young people aged 5–18 years to enjoy fun activities in the community which they would not be able to access without specialist one to one support. These include: clubs, sporting activities, getting together with friends, group activities or family outings. Services can be accessed for short or long term periods. Services are accessed via self referral from parents/carers or a referral from a social worker following assessment.

**A Sitting Service** in the home, for children/young people aged 0–18 years.

The above services can be paid for through Direct Payments.

### Short Breaks away from home (Nottingham City Council)

(See also Short Breaks Service (Nottingham City Council)—Contract Care, above)

### Crocus Fields (City)

*Arkwright Walk, Nottingham NG2 2HN*

Telephone 0115 8762282 (Short Breaks)

0115 8761998 (Outreach Services)

Email [crocusfieldsoutreach@nottinghamcity.gov.uk](mailto:crocusfieldsoutreach@nottinghamcity.gov.uk)

Residential short breaks and outreach services for young people with learning difficulties, autistic spectrum disorders and/or physical disabilities aged 0–19. Short Breaks can take

place over a weekend or midweek or a mixture of the two. Crocus Fields provides large safe play areas, a craft room, a sensory room and large and small lounges. Young people have the opportunity to be involved in a wide range of activities including sports and small group holidays. Each child is allocated a key worker who will develop a plan to provide the most effective care.

The **Outreach service** supports families who are eligible, in their own home, providing practical support relating to specific behaviours that are causing the family concern. Services are accessed via a referral from a Social Worker.

### Short Breaks and Personalisation Service (Notts. County Council)

*Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TB*

Telephone 0115 8041275

#### Flexible Short Breaks

This service is currently undergoing a review so there may be changes from September 2016. Support for children (5–18 years) who have difficulty accessing mainstream services without additional support and who are not receiving any other short break service..

Those eligible are offered 80 hours of short break provision per year including holiday play and youth activities (see *Breaks in Partnership, Holiday Clubs, Saturday Club Project* below and *APTCOO, Hope House School, Look Inside, M8s Youth Group* in this section), sitting and befriending services, a direct payment, a personal budget, or a combination of these services. To refer, contact as above, or submit a request form with the support of a professional working with you and your child.

#### Breaks in Partnership

Telephone 0115 8041275

Play and youth sessions during the school holidays or after school, for children with disabilities including those with high level and complex health needs. Play activities are in the community and usually in mainstream provision. Individual requirements will be discussed with the family and 1 to 1 support can be arranged where appropriate. For ages 5–17 years. Referral only, via Flexible Short Breaks.

#### Holiday Clubs

Telephone 0115 8041275

Project providing play opportunities in local community play settings during school holidays (excluding Christmas), for children and young people in the county who have disabilities and are aged 5–17 years. Specialised provision with staff trained in complex needs. Referral via Integrated Children's Disability Service worker. County wide with one club in each borough.

#### Saturday Club Project

Telephone 0115 8041275

Referral via the Integrated Children's Disability Service. There is a club in each of the 7 Nottinghamshire boroughs, providing play and youth activities for children aged 5–17 years with complex health needs, ASD and ADHD, physical and learning disabilities. 1 to 1 support and staff trained eg in personal care, gastrostomy feeding, medication administration. Staff visit at home or at school to discuss individual requirements.

### Targeted Short Breaks

For children needing a higher level of short breaks provision than that which is provided under Flexible Short Breaks. Children and young people who are eligible will receive a personal budget to help them access activities and a Personalisation Officer will create a Short Breaks Personal Support Plan to meet their needs and planned outcomes. This plan will be reviewed regularly.

### Short Breaks away from home (Notts. County Council)

#### The Big House

*Church Street, Edwinstowe, Nottingham NG21 9QA*

Telephone 01623 822453

Email [rbhmt@nottsc.gov.uk](mailto:rbhmt@nottsc.gov.uk)

Short breaks for children aged up to 18 years with significant learning disabilities and associated challenging behaviour. Referral via the Children's Social Work Team. Day care may also be available depending on circumstances. Outside space is available with equipment that can be used by young people in a safe, secure setting, and other organisations and professionals can book this facility. In addition, staff at the Big House offer Family Support Sessions in the home to look at e.g. toileting, sleeping, behavioural difficulties. These sessions can be requested by parents or social workers. There is an 'out of hours advice and guidance support line' for parents and carers in Nottinghamshire from 5pm daily.

#### Caudwell House

*Upton Road, Southwell, Nottinghamshire NG25 0PT*

Telephone 01636 813170

Email [caudwell.house@nottsc.gov.uk](mailto:caudwell.house@nottsc.gov.uk)

Residential home for children with physical disabilities, associated learning difficulties and/or health needs. Provides short breaks for young people aged 10–18 years, possibly younger if there is an assessed need. There are 4 residential places and 8 short breaks places. Referral via the Integrated Children's Disability Service.

#### Minster View

*Normanton Road, off Upton Road, Southwell, Nottinghamshire NG25 0PT*

Telephone 01636 815450

Residential and short term breaks home for young people with severe learning disabilities and associated challenging behaviour; many will be also be on the autistic spectrum. Part of the 'Access to Resources' Group within Children's Social Care Services.

Provides accommodation for 12 young people between ages 8 and 18 (6 living in the residential arm and 6 short break/respite beds. Both units have a full range of facilities including soft play areas, outside climbing/play facilities including sensory garden and house, sensory rooms and cinema room. Regulated and inspected by Ofsted.

Requests for short breaks are via the short breaks provision panel process currently administered by Children's Disability Service. Decisions will be according to assessed need and Minster View's capacity to deliver. Challenging behaviour is defined at Minster View as "children with a learning disability who have behaviour which is of such intensity, frequency or duration that the physical safety of the person or others is likely to be placed at serious jeopardy, and which is likely to seriously limit or deny access to and use of ordinary community services" (Emmerson 1998).

## Other Short Breaks Services

### APTCOO (A Place To Call Our Own)

Unit 15, Botany Park, Botany Avenue, Mansfield, Nottinghamshire NG18 5NF

Telephone 01623 62 99 02

Email [enquiries@aptcoo.org](mailto:enquiries@aptcoo.org)

Website [www.aptcoo.co.uk/services/short-breaks-service.html](http://www.aptcoo.co.uk/services/short-breaks-service.html)

APTCOO is commissioned by the County Council to provide Flexible and Targeted Short Breaks for children and young people with additional needs and/or disabilities. They work closely with the child / young person and their family from referral to service provision, tailoring their support so the child / young person receives the most benefit. Services include befriending and sitting services, school holiday schemes and activities and access to leisure activities (indoor and outdoor) with required support.

### Autism East Midlands (formerly NORSACA)—Befriending Service

Telephone 01909 506678

Email [enquiries@autismeastmidlands.org.uk](mailto:enquiries@autismeastmidlands.org.uk)

Website [www.autismeastmidlands.org.uk/](http://www.autismeastmidlands.org.uk/)

Short breaks for children and young people aged 5–19 years. One-to-one support is provided to help them experience and enjoy community activities which interest them, while learning social skills and building confidence.

### Autism East Midlands (formerly NORSACA)—DCATCH

Telephone 01909 506678

Email [enquiries@autismeastmidlands.org.uk](mailto:enquiries@autismeastmidlands.org.uk)

Website [www.autismeastmidlands.org.uk/](http://www.autismeastmidlands.org.uk/)

Flexible support service for disabled children and young people in Nottinghamshire, aged 5–18 years. Specialist providers deliver a package of care to support parents who want to return to work, are already in work or attend vocational training. The service can be provided before and/or after school, at weekends or school holidays.

### Autism East Midlands (formerly NORSACA)—Play Service

Telephone 01909 506678

Email [enquiries@autismeastmidlands.org.uk](mailto:enquiries@autismeastmidlands.org.uk)

Website [www.autismeastmidlands.org.uk/](http://www.autismeastmidlands.org.uk/)

Play and leisure activities for children and young people aged 5–19 years of age. Activities include cinema visits and youth clubs at community and leisure venues in the city and county as well as residential activity weekends, trips, theme parks and holidays. Families may fund the activities from Direct Payments, Personal Independence Payments etc.

### Carer's Trust East Midlands

19 Pelham Road, Sherwood, Nottingham NG5 1AP

Telephone 0115 9628920

Email [hello@carerstrustem.org](mailto:hello@carerstrustem.org)

Website [www.carerstrustem.org/](http://www.carerstrustem.org/)

One-to-one home-based or care outside the home, helping children to develop their skills and confidence in the community, enabling parents and carers to have time to themselves or with other children at home. Overnight care is also provided in the home, caring for a

child's needs, to enable parents and carers to have an undisturbed night's sleep. Parents can contact the service directly for more details including costs.

### Crossroads Care North Notts

Intake Business Centre, Kirkland Avenue, Mansfield, Nottinghamshire NG18 5QP

Telephone 01623 658535 9.00am–16.30pm

Email [admin.nncrossroads@ntlbusiness.com](mailto:admin.nncrossroads@ntlbusiness.com)

Website [www.carers.org/local-service/north-notts/services/overview-services](http://www.carers.org/local-service/north-notts/services/overview-services)

Covers Ashfield, Bassetlaw, Mansfield, and Newark and Sherwood boroughs.

Provides a range of services including respite care in the home, personal and practical support, crisis support, flexible short breaks, overnight care. Supports adults, children and young people who have learning, physical disability or life limiting conditions. Also supports young carers. Range of payment methods from self funding, direct payments to funding from statutory services. Crossroads may be able to help secure the funding required.

### Hope House School and Vacation Centre

Barnby Road, Newark Notts NG24 3NE

Telephone 01636 700380

Email [enquiries@hopehouseschool.co.uk](mailto:enquiries@hopehouseschool.co.uk)

Website <http://hopehouseschool.co.uk/vacation-centre/>

Provides support and breaks for children and young people with a learning disability and additional complex needs.

### Hope House School and Vacation Centre: Clubs and Befriending Service

Barnby Road, Newark Nottinghamshire NG24 3NE

Telephone 01636 700380 or

07904 217652 (Matthew Dolby, Club & Befriending Manager)

Email [matthew.dolby@hopehouseschool.co.uk](mailto:matthew.dolby@hopehouseschool.co.uk)

Website <http://hopehouseschool.co.uk>

Clubs for children who have an autistic spectrum disorder, accessible via Flexible Short Breaks, direct or private payment. Wide range of activities provided. Tues 5–7pm, and Sat 9–11am and 12–4pm. Drama Therapy Group on Weds 5–7 pm, for 14–21 year olds. Flexible Short Breaks funding can be used as payment.

Befriending service to help young people develop confidence and social skills out in the community. It may include going out for a meal, cinema or club. The service is available through Flexible Short Breaks and is not available privately.

### Look Inside Sensory Learning and Play CIC

City College, Carlton Road, Carlton, Nottingham NG3 2NR

Telephone 07424 032564

Email [info@lookinside.org.uk](mailto:info@lookinside.org.uk)

Website [www.lookinside.org.uk](http://www.lookinside.org.uk)

County Council Flexible and Targeted Short Breaks provided. Children and young people aged 0–25 years are supported in accessing services and community activities which meet their needs and interests. Support includes sensory play, sitting and befriending, holiday,

play and afterschool activities, social learning and overnight care in the home. Services can also be funded through Direct Payments.

### **M8s Youth Group (County)**

*Nottingham Mencap, Harpenden House, 203 Edwards Lane, Sherwood, Nottingham NG5 3JT*

Telephone 0115 920 9524

Email [m8syouthclub@n-mencap.org](mailto:m8syouthclub@n-mencap.org)

Outdoor and indoor activities, such as cooking, arts and crafts, music, computers, football, cricket, basketball, pool, X-Box etc. and support to access activities in the community: theme parks, bowling, cinema, shopping etc. for children/young people aged 8–18 years who have a learning disability and live in the County. 1st, 3rd and 4th Saturday of each month from 10am–4pm. Funded places are available through the County Flexible Short Breaks Service.

### **Nottingham Mencap Short Breaks Service (City and South Nottinghamshire)**

*Short Breaks Manager, Nottingham Mencap, Harpenden House, 203 Edwards Lane, Sherwood, Nottm. NG5 3JA*

Telephone 0115 920 4433 (Short Breaks Office)

Email [suereilly@n-mencap.org](mailto:suereilly@n-mencap.org)

Provide a variety of Short Breaks Services in Nottingham City, Gedling, Broxtowe and Rushcliffe for people with a learning disability. These include a Sitting Service for those over 5 years of age which enables parents and carers to have some 'time out' whilst their child is fully supported in their usual home based activities and routines. There is also a Befriending Service for those aged over 5 years so they can access social and leisure activities in the community helping to build their confidence and self-esteem. Contact for more information and details of fees and funding support.

### **Scope Befriending Service (City)**

*Warwick House, 315 Nottingham Road, Nottingham NG7 7DB*

Telephone 07436 810620

Email [deborah.hill@scope.org.uk](mailto:deborah.hill@scope.org.uk)

Supporting eligible children and young people with disabilities aged 8–18 years, in the city. Short-term one-to-one support provided. The Scope Youth Club runs every Wednesday from 6pm–8pm at Concord House, Nottingham Road, Basford NG7 7FF, to bring together young people who access this service.

Children in the city who have nursing needs can be referred via the Short Breaks Team to the Children's Development Centre (page 23) short breaks service.

## **Sport activities and games**

The main contacts for sports activities for children and young people with disabilities are:

### **County:**

Pete Edwards, Sports Development Officer (Disability)

Telephone 07961 565532

Email [pete.edwards@sportnottinghamshire.co.uk](mailto:pete.edwards@sportnottinghamshire.co.uk)

Daniel West, Inclusive Satellite Clubs Officer

Telephone 07584 449247

Email

[daniel.west@sportnottinghamshire.co.uk](mailto:daniel.west@sportnottinghamshire.co.uk)

### **City:**

Sarah Eyley, Disability Sport and Leisure Officer

Telephone 07932 583392

Email [sarah.eyley@nottinghamcity.gov.uk](mailto:sarah.eyley@nottinghamcity.gov.uk)

Helen Derby, Inclusive PE and Sports Officer

Telephone 07824 871706

Email [h.derby@oakfield.nottingham.sch.uk](mailto:h.derby@oakfield.nottingham.sch.uk)

## **Finding Sports and Clubs**

### **Sport Nottinghamshire**

Website [www.sportnottinghamshire.co.uk](http://www.sportnottinghamshire.co.uk)

Database of local sports clubs, activities and contacts in the city and county.

### **CP Sport**

*Unit 5, Heathcoat Building, Nottingham Science and Technology Park, University Boulevard, Nottingham NG7 2QJ*

Telephone 0115 925 7027

Email [info@cpsport.org](mailto:info@cpsport.org)

Website [www.cpsport.org](http://www.cpsport.org)

National disability sports organisation supporting people with cerebral palsy to access a sport of their choice and reach their sporting potential. Sports include athletics, football, swimming, table cricket. CP Sport also run SportStart days at venues around the country enabling children to take their first step into sport. See website or contact as above for more details.

### **Deloitte Parasport**

Website [www.parasport.org.uk](http://www.parasport.org.uk)

National website, identifying appropriate sports for those with disabilities. Database signposts users to clubs and opportunities to develop their skills.

## **Playing Sport**

### **Adapted games and sports**

#### **Project Adapted**

*School of Education, Nottingham Trent University, Clifton Campus, Clifton, Nottingham NG11 8NS*

Telephone 01949 829313

Website [www.ntu.ac.uk/adapted\\_sports](http://www.ntu.ac.uk/adapted_sports)

Research and development of adapted games and sports for people with disabilities e.g. zone hockey and table cricket.

### **Athletics**

#### **Cerebral Palsy Sport,**

*Unit 5, Heathcoat Building, Nottingham Science Park, University Boulevard, Nottingham NG7 2QJ.*

Telephone 0115 925 7027



Mobile 07762 739926  
 Email [katy.johnson@cpsport.org](mailto:katy.johnson@cpsport.org)  
 Opportunities for athletes with cerebral palsy and physical disabilities.

## Badminton

### Badminton Club

*Oak Field School, Wigman Road, Bilborough, Nottingham NG8 3HW*  
 Telephone 07824 871706 (Helen Derby, Inclusive PE and Sports Officer)

Badminton on Wednesdays 5–6pm during termtime for young people with a learning disability over 11 years.

## Basketball

### Jaguars Wheelchair Basketball Team

*Magnus Community Sports Centre, Earp Avenue, Newark, Nottinghamshire NG24 4AB*  
 Telephone 07713038068  
 Email [julieblackman60@gmail.com](mailto:julieblackman60@gmail.com)  
 Training sessions Saturdays 1.00–2.30pm for juniors (8 years and above) and 2.30–4.00pm for adults. Contact for information.

### Mansfield Maulers Wheelchair Basketball Club

Telephone 07961 565532 (Pete Edwards)  
 Email [pge82@sky.com](mailto:pge82@sky.com)  
*The Brunts School, The Park, Park Avenue, Mansfield, Nottinghamshire NG18 2AT*  
 Tuesday 6–8pm and Saturday 10am–12pm  
*Lammas Leisure Centre, Lammas Road, Sutton In Ashfield, Nottinghamshire NG172AD*  
 Sunday Nights 5:30–7:30pm

### Nottingham Hoods Wheelchair Basketball

*Harvey Hadden Sports Village, Wigman Rd, Bilborough, Nottingham NG8 4PB*  
 Telephone 0115 876 1600 (Nottingham City Sport and Leisure Customer Contact Centre)  
 Wednesdays 5.30–7pm for juniors and adults.

## Boccia

### Nottinghamshire Boccia Club

*Joseph Whitaker Sports Centre, Warsop Lane, Rainworth NG21 0AG*  
 Telephone 07961 565532 (Pete Edwards)  
 Email [pge82@sky.com](mailto:pge82@sky.com)  
 Thursday 6–8pm

## Cricket

### Table Cricket

*Portland College, Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ*  
 Telephone 0115 925 7027 (Rachel Ward)  
 Email [rachel.ward@cpsport.org](mailto:rachel.ward@cpsport.org)

CP Sport performance group for those aged 14 years and above who have some experience of Table Cricket. Meet 4 times a year for specialist coaching.

## Cycle Hire

### Ashbourne Cycle Hire

*Mapleton Lane, Ashbourne, Derbyshire DE6 2AA*  
 Tel 01335 343156  
 Email [ashbourne.cyclehire@peakdistrict.gov.uk](mailto:ashbourne.cyclehire@peakdistrict.gov.uk)  
 Electric Bikes, buggies, electric mobility scooter, child seats, wheelchair bike, balance bike available.

### Derwent Cycle Hire

*Fairholmes Car Park, Derwent, Bamford, Sheffield S33 0AQ*  
 Telephone 01433 651261  
 Email [derwent.cyclehire@peakdistrict.gov.uk](mailto:derwent.cyclehire@peakdistrict.gov.uk)  
 Buggies, wheelchair bike, all terrain mobility scooter available.

### Middleton Top Cycle Hire

*Middleton Top Countryside Centre, Middleton by Wirksworth, Derbyshire DE4 4LS*  
 Telephone 01629 823204  
 Email [countrysideservice@derbyshire.gov.uk](mailto:countrysideservice@derbyshire.gov.uk)  
 Child seats, trailers and 'taggers' (to add to adult cycles), child's cycles available.

### Parsley Hay Cycle Hire

*Buxton, Derbyshire, SK17 0DG*  
 Telephone 01298 84493  
 Email [parsleyhay.cyclehire@peakdistrict.gov.uk](mailto:parsleyhay.cyclehire@peakdistrict.gov.uk)  
 Child cycles, hand cycles, wheelchair cycles, tricycles, electric bikes, buggies, tandems and all terrain mobility scooter available.

## Cycling

### Cycling for All

These inclusive cycling sessions may restart at Harvey Hadden Sports Village in summer 2016, but funding has not yet been confirmed. Ridewise 0115 9552288 can tell you more.

## Fitness

### Fitness session

*Oak Field School & Sports College, Wigman Road, Bilborough, Nottingham NG8 3HW*  
 Telephone 07824 871706  
 Email [h.derby@oakfield.nottingham.sch.uk](mailto:h.derby@oakfield.nottingham.sch.uk)  
 Wednesday 3.45–4.45 for those aged 12 and above.

### Interactive wall

*Dukeries Leisure Centre, Main Road, Boughton, Newark Nottinghamshire NG22 9JJ*  
 Telephone 01623 862469  
 A fitness activity useful for hand eye coordination suitable for all abilities and ages (depending on height). Available most days between 12–4pm. Ring to check.

**Football****Aspley YMCA**

*Aspley YMCA, Youth and Community Centre, Melbourne Park, Aspley, Nottingham NG8 5HL*

Telephone 07792 491426

Email [amy.oakes@nottsymca.org](mailto:amy.oakes@nottsymca.org)

Term time only, on Tuesdays 6–7pm for players aged 11–25 years who have a disability.

Cost per session.

**Disability Football Mash Up**

*Friesland Sports Centre, Nursery Avenue, Sandiacre, Derbyshire NG10 5AE*

Telephone 07875 555359

Email [vincentwilde@sky.com](mailto:vincentwilde@sky.com)

Fun football session on Sunday mornings 9.30–10.30am

**Football and Frame Football**

*Cerebral Palsy Sport, Unit 5, Heathcoat Building, Nottingham Science Park, University Boulevard, Nottingham NG7 2QJ.*

Telephone 0115 925 7027

Mobile 07519 333658

Email [sam.turner@cpsport.org](mailto:sam.turner@cpsport.org)

Football sessions and Frame Football for those with cerebral palsy and physical disabilities.

**Frame Football Association**

*Rolls-Royce Leisure Frame Football Team, Rolls-Royce Leisure Junior Football Club, Wanall Road, Hucknall, Nottinghamshire NG15 6EU*

*(Winter training is held at Kimberley Leisure Centre, Newdigate Street, Kimberley, Nottinghamshire NG16 2NJ)*

Telephone or text 07831 377451 or 07912 862597 or 07840 412553

Football for those who use a walker style frame. Sessions held every fortnight, providing opportunities to play in games and tournaments.

**Nottingham Forest Powerchair Football Club**

*Vision West Nottinghamshire College, Derby Road, Mansfield, Notts. NG18 5BH*

Telephone 07985 203377

Email [stevenlear@talktalk.net](mailto:stevenlear@talktalk.net)

Website [www.npfc.org.uk](http://www.npfc.org.uk)

Wednesday 7–9pm for boys and girls aged 7 years and above. Mainly wheelchair users. Must be able to control a powerchair and understand instructions. Contact to see if there are places or to be added to the waiting list. Those interested in joining are welcome to watch a session in progress.

**Nottingham Wheeled Warriors—Powerchair Football Club**

*Harvey Hadden Sports Village, Wigman Rd, Bilborough, Nottingham NG8 4PB*

Telephone 07972 569738

Email [sara.dickinson@thewfa.org.uk](mailto:sara.dickinson@thewfa.org.uk) (Powerchair Football Development Officer for Wheelchair Football Association)

Monday 5–6.30pm for those aged 5 and above. 6 Powerchairs only at present (Jan 2016). Hoist available but players need to bring their own sling.

**Want 2 Play FC****Bingham Outlaws FC: Want 2 Play FC**

*Butt Field, Moorbridge Road East, Bingham, Nottinghamshire NG13 8GG*

Telephone 07540 438604

Email [stevemcrobie@ntlworld.com](mailto:stevemcrobie@ntlworld.com)

Website [www.binghamtownyouthfc.com](http://www.binghamtownyouthfc.com)

Mondays (but may change to Wednesdays summer 2016) 6.30–7.30pm for under 20's pan disability. Bingham Town YFC also specialises in Cerebral Palsy football and hosts the Outlaws who play fixtures against other teams across the country.

**Blidworth Welfare FC: Want 2 Play FC**

*Joseph Whitaker Sports Centre, Rainworth, Notts. NG21 0AG*

Telephone 07916 331170

Pan disability football sessions for players aged 8 years to adult. Thursday evenings 5pm–6pm.

**Calverton Miners Welfare Colts FC: Want 2 Play FC**

*Calverton Miners Welfare, Hollinwood Lane, Calverton, Nottinghamshire NG14 6NR*

Telephone 07904 458723

Email [leehomelee@btinternet.com](mailto:leehomelee@btinternet.com)

Mondays 6pm–7pm

**Long Eaton: Riverside Inclusive FC: Want 2 Play FC**

*Sports Hall, Long Eaton School, Thoresby Road, Long Eaton, Nottinghamshire NG10 3NPI*

Telephone 07875555359

Email [vincentwilde@sky.com](mailto:vincentwilde@sky.com)

Thursdays 6.30–7.30 for those under 16 years of age. 7.30–8.30 for those over 16

**Mansfield: Woodhouse Colts FC: Want 2 Play FC**

*The Joseph Whitaker School, Warsop Lane, Rainworth, Nottinghamshire NG21 0AG*

Telephone 07846 306993

Email [richwev@gmail.com](mailto:richwev@gmail.com)

Tuesdays 5pm–6pm for those aged under 12. 7pm–8pm for over 12s

**Newark Flowserve: Want 2 Play FC**

*Newark Flowserve, Hawton Lane, Balderton, Newark NG24 3BU*

Telephone 07914 382216

Email [les.bruce86@gmail.com](mailto:les.bruce86@gmail.com)

Mondays 6.30–7.45

**Rainworth Miners Welfare: Want 2 Play FC**

*Bracken Hill School, Chartwell Road, Kirkby in Ashfield, Nottinghamshire NG17 7HZ*

Telephone 07513 954786

Email [philcolledge@virginmedia.com](mailto:philcolledge@virginmedia.com)

Wednesdays: 3.30–4.30pm

**Trowell FC: Want 2 Play FC***Chilwell Olympia Bye Pass Road, Chilwell, Nottinghamshire NG9 5HR**(October–March) Monday 6pm–7pm**Pit Lane Recreation Area, Stapleford Road, Trowell, Nottinghamshire NG9 3QJ**(April–Sept) Wednesday 6–7pm*

Telephone 07747 190341 (Anthony Beaumont)

Term-time only. For all ages, pan disability. Siblings welcome.

**Goalball****Sheriff's Goalball Club for the Visually Impaired***Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB*

Telephone 0115 846 8121

Thursday 5.30–7pm for 12–18 year olds.

**Gym sessions****Inclusive Youth Gym Sessions***Vitality Vibe Interactive Youth Gym, Kimberley Leisure Centre, Newdigate Street,**Kimberley, Nottinghamshire NG16 2NJ*

Term time on Sundays 9–10am and Thursdays 3.30–5.45 pm. In school holidays on Tues and Thurs 1–2pm and Sun 9–10am. Along with accessible and simple to use equipment, trained staff are on hand to provide support for disabled children up to the age of 19 years (siblings welcome). The Gym is located on the first floor but the Centre is equipped with lift suitable for all wheel/electric chairs.

**Horse riding and interaction with horses****Rainbow Horses***Hill Farm, 7 Jericho Lane, Barkestone le Vale, Nottinghamshire NG13 0HF*

Telephone 07960 031312

Email [sue.coombes67@gmail.com](mailto:sue.coombes67@gmail.com)Website [www.rainbowhorses.co.uk](http://www.rainbowhorses.co.uk)

Not riding lessons but aiming to encourage learning, communication and relaxation through interactions with the horses, family or group members and staff. For children with autistic spectrum/communication disorders or issues relating to trauma.

**Riding for the disabled**

Telephone 01949 81641

Website [www.rda.org.uk](http://www.rda.org.uk)

Groups run by volunteers providing therapy, achievement and enjoyment to people of all ages, who have a disability. Phone for details and to discuss which group would be most suitable for your child's needs

**Ice Skating****National Ice Centre***Bolero Square, Nottingham NG1 1LA*

Telephone 0843 373 3000

Email [general.enquiries@national-ice-centre.com](mailto:general.enquiries@national-ice-centre.com)**Website**[www.national-ice-centre.com](http://www.national-ice-centre.com)

Skaters who have a disability are welcome to access the ice at any public session. Sledges will be available at sessions which allow ice equipment to be used—check with the Box Office in advance to find out when these sessions are held. Usual admission charges apply and a carer can skate for free. Proof of eligibility may be required. Structured lessons and one-on-one coaching are also available separately.

**Leisure Centres**

Note that your local authority may have concessionary schemes in place so that your child can access some activities at a reduced rate. Enquire at the Leisure Centre.

**Nottingham City**

Sport and Leisure Customer Contact Centre

Telephone 0115 876 1600 (For general enquiries and bookings for leisure centre activities)

Email [sportandleisure@nottinghamcity.gov.uk](mailto:sportandleisure@nottinghamcity.gov.uk)Website [www.nottinghamcity.gov.uk/sportandleisure](http://www.nottinghamcity.gov.uk/sportandleisure)**Clifton Leisure Centre**, Southchurch Dr, Clifton, Nottingham NG11 8AB**Djanogly Community Leisure Centre**, Gregory Boulevard, Forest Fields, Nottm NG7 6ND**Harvey Hadden Sports Village**, Wigman Road, Bilborough, Nottingham NG8 4PB**John Carroll Leisure Centre**, Denman Street Central, Nottingham NG7 3PS**Ken Martin Leisure Centre**, Hucknall Lane, Bulwell, Nottingham NG6 8AP**Southglade Leisure Centre**, Southglade Rd, Nottingham NG5 5GU**Victoria Leisure Centre**, Gedling St, Nottingham NG1 1DB

Centres managed by Notts County Football Club:

**Portland Centre**, Muskham Street, Nottingham NG2 2HB

Telephone 0115 859 9968

**Lenton Centre**, Willoughby Street, Lenton, Nottingham NG7 1RQ

Telephone 0115 941 2422

**Nottinghamshire**

Telephone 0115 848 3469

Email [info@sportnottinghamshire.co.uk](mailto:info@sportnottinghamshire.co.uk)Website [www.nottinghamshire.gov.uk/whats-on/sport/sport-for-all](http://www.nottinghamshire.gov.uk/whats-on/sport/sport-for-all)**Ashfield** [www.ashfield-dc.gov.uk](http://www.ashfield-dc.gov.uk) (under *Community Living and Leisure*)

Edgewood 0115 956 8790

Festival Hall 01623 457101

Hucknall 0115 956 8750

Huthwaite 01623 457130

Lammas 01623 511177

Selston 01773 781800

**Bassetlaw** [www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk) (under *Sports, Leisure and Culture*)

Bircotes 01302 743979

Retford 01777 706500

Worksop 01909 473937

**Broxtowe** [www.broxtowe.gov.uk](http://www.broxtowe.gov.uk) (under *Leisure and Cultural Services*)

Bramcote 0115 9173000  
 Chilwell Olympia 0115 9173333  
 Kimberley 0115 9173366

**Gedling** [www.gedling.gov.uk](http://www.gedling.gov.uk) (under *Leisure and Culture*)

Arnold 0115 901 3690  
 Calverton 0115 901 3800  
 Carlton Forum 0115 9872333  
 Redhill 0115 901 3630  
 Richard Herrod 0115 9612949

**Mansfield** [www.mansfieldleisure.com](http://www.mansfieldleisure.com)

Meden 0345 0010002  
 Oak Tree Lane 0345 0000231  
 Rebecca Adlington Centre 0345 0000230  
 River Maun 0345 0000233  
 Water Meadows 0345 0000232

**Newark and Sherwood** [www.active4today.co.uk](http://www.active4today.co.uk)

Blidworth 01623 466266  
 Dukeries, New Ollerton 01623 862469  
 Newark 01636 655780  
 Southwell 01636 813000

**Rushcliffe** [www.rushcliffe.gov.uk](http://www.rushcliffe.gov.uk) (under *Leisure and Culture*)

Bingham 01949 838628  
 Cotgrave 0115 9892916  
 East Leake 01509 852956  
 Keyworth 0115 9375582  
 Rushcliffe 0115 9234921  
 Rushcliffe Arena 0115 981 4027

**Multi-Sports Sessions**

**Aspley YMCA Youth and Community Centre**

*Melbourne Park, Aspley, Nottingham NG8 5HL*

Telephone 07792 491426

Email [amy.oakes@nottsymca.org](mailto:amy.oakes@nottsymca.org)

Term time only on Mondays 6.00–7.00pm for people aged 11–25 years who have a disability. Cost per session.

**Gedling Sport Plus Club**

*Redhill Leisure Centre/Youth Centre, Redhill Road, Arnold, Nottinghamshire NG5 8GX*

Telephone 07770 895 305

Email [gedlingsportplusclubs@hotmail.co.uk](mailto:gedlingsportplusclubs@hotmail.co.uk)

Sport and social club for young people aged 10–17 years, with physical disabilities or special needs. Thurs 4–5.30pm, term time only. £3.00 per session.

**Inclusive Sports Afternoons**

*Clifton Leisure Centre, Southchurch Drive, Clifton, Nottingham NG11 8AB*

Telephone 0115 933 8363

Email [admin@activeace.co.uk](mailto:admin@activeace.co.uk)

Saturdays 2.15–3.15. All ages and abilities. Carers free.

**Multi Sport Club**

*Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB*

Telephone 07818 482894 or

0115 876 1600 (City Sport Customer Contact Centre)

Email [admin@activeace.co.uk](mailto:admin@activeace.co.uk)

Special Olympics multisports on Thursdays 5.30–6.30pm and 6.30–7.30pm. Ages from 5 upwards, including teenagers.

**S.A.N.D (See the Ability Not the Disability) Sports Club**

*Sports Hall, Worksop College, Worksop Notts S80 3AP (Dry side activities)*

*Bircotes Leisure Centre Whitehouse Road, Bircotes, Doncaster DN11 8EF (Swimming)*

Telephone 01909 534489

Email [sian.kirk@bassetlaw.gov.uk](mailto:sian.kirk@bassetlaw.gov.uk) (Sports Development Officer)

Website [www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk) (Go to S.A.N.D in alphabetical directory)

Sports club for young people aged 3–18 on a Monday between 6.00–7.00pm at the sports hall, Worksop College. The sports sessions include Boccia, Zone Hockey, Badminton, Kwik Cricket, Basketball, Football, Table Top Games and social activities. The Club also offers ‘Play with a Purpose’ swimming lessons on a Thursday evening at Bircotes Leisure Centre. Activities run during term time only.

**Select-a-Sport Inclusive Sports Club**

*Bramcote School, Derby Road, Bramcote, Nottingham NG9 3GD*

Young people 8–19 years with inclusion needs. Siblings also welcome. Tuesdays 4.15–5.15pm. Term time only. Each half term a different sport will be offered.

**Special Olympics Sports Club**

*Garibaldi College, Forest Town, Mansfield, Nottingham NG19 0JX*

Telephone 07974 650768

A different sport every half term, with a social event at the end of term. For those ages 6 years plus who have a learning disability. Junior section and Senior section. Wednesday evenings 6–7pm, term time only.

**Young Person’s Positive Moves**

Telephone 07931 818516

Email [yppms.info8@btinternet.com](mailto:yppms.info8@btinternet.com)

Facebook [facebook.com/Young-Persons-Positive-Moves-And-Extras](https://facebook.com/Young-Persons-Positive-Moves-And-Extras)

For young people aged 8 to about 15 who cannot take part in mainstream sports sessions. This might be because of lack of confidence or a medical condition such as ADHD, autism, dyspraxia, weight issues, learning disabilities etc. Opportunities to get active, make friends and boost confidence in a fun and safe environment. Sessions are multisport based and activities include basketball, dance, football, badminton, tennis etc. Friends or siblings can accompany the child at the coach’s discretion. Self referral or signposting via a health or

social worker. 3 sessions each week, normally on Mon & Tues at Netherfield Primary School; Thurs at Redhill Leisure Centre. Sports sessions may also be available at half terms.

## Sailing

### Bruce Trust

PO Box 21, Hungerford, Berkshire RG17 9YY

Telephone 01264 356451

Email [enquiries@brucetrust.org.uk](mailto:enquiries@brucetrust.org.uk)

Website [www.brucetrust.org.uk](http://www.brucetrust.org.uk)

Purpose built canal boats for people with disabilities can be hired for holidays. The boats have fully equipped galleys, wide access boarding ramps, hydraulic lifts, low level bunks, specially fitted showers etc. At least one member of the group must have a week's previous canal boat experience or must attend a weekend training course run by the Bruce Trust. See website for more details

### Peter Le Marchant Trust

Canalside Moorings, Beeches Road, Loughborough LE11 2NS

Telephone 01509 265590

Email [info@peterlemarchanttrust.co.uk](mailto:info@peterlemarchanttrust.co.uk)

Website [www.peterlemarchanttrust.co.uk](http://www.peterlemarchanttrust.co.uk)

Provide day outings and short holidays on inland waterways for people of all ages and disabilities. All the boats are fully equipped for the maximum safety and comfort of passengers, with hydraulic lifts, wheelchair friendly toilets and showers, full central heating etc.

## Skiing and Snowboarding

### Disability Snowsport UK

Glemore Grounds, Aviemore PH22 1QU

Telephone 01479 861272 (national)

Email [admin@disabilitysnowsport.org.uk](mailto:admin@disabilitysnowsport.org.uk)

Telephone 0845 521 9338 to book lessons, or

Email [lessons@disabilitysnowsport.org.uk](mailto:lessons@disabilitysnowsport.org.uk) not directly with the centres.

Website [www.disabilitysnowsport.org.uk](http://www.disabilitysnowsport.org.uk)

Disability Snowsport works to ensure people with a disability (learning, physical or sensory) can ski or snowboard alongside others. Local groups offer the opportunity for members of the organisation, to meet at indoor snow centres throughout the country. These groups have a selection of adaptive snowsport equipment and provide trained volunteers. Locally there are groups at *Tamworth Snowdome, Leisure Island, River Drive, Tamworth, Staffordshire, B79 7ND* and *Xscape Yorkshire, Colorado Way, Glasshoughton, Castleford WF10 4TA*. Lessons available at Tamworth.

## Swimming Lessons

### 1-2-1 Swimming Lessons

Swimming pools in Gedling borough offer 1-2-1 swimming lessons for all ages and abilities. The sessions are 30 minutes long with fully qualified instructors and are available at all three sites (Arnold, Calverton, Carlton) throughout the week. For more information

please contact the leisure centre where you wish to make your booking. For contact details see Leisure Centres listed on pages 157–158.

### Disability Swim Stars

Arnold Leisure Centre, High Street, Arnold, Nottingham NG5 7EE

Telephone 0115 967 0114

Taught by experienced and highly qualified instructors. These lessons are 40 minutes long and follow the ASA Learn to Swim pathway. The sessions are split into two age groups, ages 4–8 years & 8years+ available in 7 or 10 week block bookings.

### Inclusive Swimming Lessons (Bramcote)

Bramcote Leisure Centre, Derby Road, Bramcote, Nottinghamshire NG9 3GF

Telephone 0115 917 3000

Beginners—Sundays 11.15am–12pm for children 4–15 years with inclusion needs.

Parents must go into the pool with their children.

Intermediate—Sundays 10.30–11.15am for children 4–15 years with inclusion needs

Advanced—Sundays 12–12.45pm for children 4–15 years with inclusion needs.

Contact for details of cost and to book.

### Inclusive Swimming Lessons (Kimberley)

Kimberley Leisure Centre, Newdigate Street, Kimberley, Nottinghamshire NG16 2NJ

Telephone 0115 917 3366

Intermediate level—for swimmers with inclusion needs, aged 7–16 years, Wednesdays 4.15–5pm. Private accessible changing facilities with a moveable bed and hoist. Both teaching and main pools are equipped with a pool hoist facility, and the main pool has easy access steps to enter the water safely. Contact as above for details of cost and to book.

### Leisure Centre Lessons

Some city pools may be able to offer 1-2-1 lessons.

### Level Water swimming lessons

Oak Field School & Sports College, Wigman Road, Bilborough, Nottingham NG8 3HW

Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB

Email [contact@levelwater.org](mailto:contact@levelwater.org) (with your child's home postcode, age and disability)

Free swimming lessons for disabled children aged 4–11 years in Nottingham who cannot swim ten metres. The sessions are aimed at those with a physical, hearing or visual disability, without a behavioural, social or learning difficulty. Lessons are provided in small groups and one-to-one sessions at Oak Field School hydrotherapy pool Monday and Thursday 3pm–5.30pm and Harvey Hadden Sports Village on Sunday 10 am–1pm.

### Quackers Swim School

c/o The Lenton Centre, Willoughby Street, Lenton, Nottingham NG7 1RQ

Also c/o Portland Centre, Muskham Street, The Meadows, Nottingham NG2 2HB

Telephone 0115 941 2422

Website [www.quackers-swimschool.co.uk](http://www.quackers-swimschool.co.uk)

Mainstream swimming lessons from age six months to pre-club level, and where possible children with special needs will be integrated into these lessons. If this is not possible

children may be accommodated on a 1-2-1 basis or at a session specifically designed for them. Courses are run in termtime with no more than 8 in a group.

### School Swimming Services

In the **county** support is given to pupils with additional needs through Bridging Clubs, which aim to help develop the specific needs of individuals. Works with children from preschool to secondary school. Contact 0115 977 2824 for more information.

In the **city**, the service can be booked by schools to offer extra support for children with disabilities attending sessions with their school group. Telephone 0115 9476202 ex 245.

### Swimming Sessions and Clubs

#### Bingham Penguins

*Bingham Leisure Centre, The Banks, Bingham, Nottinghamshire NG13 8BL*

Email [secretary@binghampenguins.org](mailto:secretary@binghampenguins.org)

Website [www.binghampenguins.org](http://www.binghampenguins.org)

Sundays during term time 5.30–7pm. Initial contact via email above.

#### CP Sport

*Unit 5, Heathcoat Building, Nottingham Science and Technology Park, University Boulevard, Nottingham NG7 2QJ*

Telephone 0115 925 7027 or 07519 809024

Email [sarah.livesey@cpsport.org](mailto:sarah.livesey@cpsport.org)

Website [www.cpsport.org](http://www.cpsport.org)

Range of opportunities for swimmers with cerebral palsy from introductory sessions for new swimmers through to specialist coaching and competitive galas.

#### Deaf-friendly swimming

*Rebecca Adlington Swimming Centre, Westdale Road, Mansfield, Notts. NG19 7BZ*

Telephone 0345 0000 230

Website [www.mansfieldleisure.com](http://www.mansfieldleisure.com)

For children and young people who are deaf. Activities every Sunday suitable for all abilities. Beginners under 11 years 2–2.30pm. Beginners over 11 years, 2.30–3pm.

Intermediate/Advanced 3–3.30pm. Contact by telephone or online form, to book.

#### Disability Swimming Pre Club Link Satellite Session

*Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB*

Telephone 0115 876 1600 (Nottingham City Sport and Leisure Customer Contact Centre)

Juniors and adult swimmers at Stage 6 or above. Saturday 12.45–1.30pm (Stage 6/7), 1.30–2.30pm (Stage 8+)

#### Disability Swimming Session

*Kimberley Leisure Centre, Newdigate Street, Kimberley, Nottinghamshire NG16 2NJ*

Telephone 0115 917 3366

Free swimming session for all ages and their carers Saturdays 1pm–2pm. Private accessible changing facilities available with a moveable bed and hoist. Both teaching and main pools are equipped with a pool hoist facility, and the main pool has easy access steps to enter the water safely.

### Hucknall Leisure Centre

*Linby Rd, Hucknall, Nottinghamshire NG15 7TX*

Telephone 0115 956 8750

Swimming sessions for those with additional needs, Tues 6–7pm. You are welcome to visit in advance to check accessibility and to have a look at the facilities available.

### Inclusive Water Games Session

*Bramcote Leisure Centre, Derby Road, Bramcote, Nottinghamshire NG9 3GF*

Telephone 0115 917 3000

Fridays term time only, 4–4.30pm for children aged 8–16 years with inclusion needs and their siblings. Contact as above to book.

### Ladies Only Swimming

*This Girl Can Swim* mainstream swimming sessions (with female lifeguards and helpers) for girls and ladies aged 14 years and above, are available at all 7 leisure centres in Nottingham City. Booking is not essential for these sessions.

**Clifton Leisure Centre**, *Southchurch Dr, Clifton, Nottingham NG11 8AB*

Tues 11.30am–12.15pm and 6–7pm

**Djanogly Community Leisure Centre**, *Gregory Boulevard, Forest Fields, Nottm NG7 6ND*

Tues 5.45–6.45pm, Wed 11am–12 noon Sun 10.45–11.30am

**Harvey Hadden Sports Village**, *Wigman Road, Bilborough, Nottingham NG8 4PB*

Fri 9–10pm, Sun 10–11.30am

**John Carroll Leisure Centre**, *Denman Street Central, Nottingham NG7 3PS*

Fri 1.30–3pm, Sat 4–5pm

**Ken Martin Leisure Centre**, *Hucknall Lane, Bulwell, Nottingham NG6 8AP*

Thurs 3–4pm and 8–9.30pm

**Southglade Leisure Centre**, *Southglade Rd, Nottingham NG5 5GU*

Mon 9–10pm, Thurs 9.30–10.30am

**Victoria Leisure Centre** *Gedling St, Nottingham NG1 1DB*

Thurs 1.30–2.30pm, Fri 6.30–8pm

### Little Swimmers Group

*Water Meadows, Bath Street, Mansfield, Nottinghamshire NG18 1BA*

Telephone 07825 396378

Monthly on a Saturday 7pm–8pm (contact to check dates and cost). For families who have children with autistic spectrum disorders or learning disabilities. Exclusive use of the pool and family changing rooms. All children must be supervised.

### Newark Disability Swimming Club

*Newark Sports and Fitness Centre, Bowbridge Road, Newark, Notts. NG24 4DH*

Telephone 01636 655780

Email [helen.ellison@active4today.co.uk](mailto:helen.ellison@active4today.co.uk)

Open to children and young people with a disability aged 6–16. Tues, termtime only. Beginners/Intermediate 4–4.30pm, Advanced 4.30–5pm.

**Nottingham Swim School Disability Swimming**

Telephone 0115 876 1600 (Nottingham City Sport and Leisure  
Customer Contact Centre)

For those aged 3 years and above

**Clifton Leisure Centre**, Southchurch Drive, Clifton, Nottingham NG11 8AB

Tues 5pm–6pm

**Djanogly Community Leisure Centre**, Gregory Boulevard, Forest Fields, Nottm NG7 6ND

Mon 4–5pm

**Harvey Hadden Sports Village**, Wigman Road, Bilborough, Nottingham NG8 4PB

Sat 10am–12pm in the North Pool.

**Ken Martin Leisure Centre**, Hucknall Lane, Bulwell, Nottingham NG6 8AP

Weds 4–6pm

**Victoria Leisure Centre**, Gedling Street, Sneinton, Nottingham NG1 1DB

Sun 11.30–12.00pm

**Oak Field Disability Splash Sessions**

*Oak Field School & Sports College*, Wigman Road, Bilborough, Nottingham NG8 3HW

Telephone 07824 871706

Email [h.derby@oakfield.nottingham.sch.uk](mailto:h.derby@oakfield.nottingham.sch.uk)

The hydrotherapy pool is open on a Saturday morning once a month, for two sessions 10am–11am and 11am–12pm. Families must book and there is a small charge per family. A lifeguard and ‘spotter’ are provided but parents are responsible for the safety of their own children and there are no medical staff on site for these sessions.

**Satellite Disability Swimming Club**

*Harvey Hadden Sports Village*, Wigman Road, Bilborough, Nottingham NG8 4PB

Telephone 0115 876 1600 (Nottingham City Sport and Leisure  
Customer Contact Centre)

Saturday 12.45–2.30pm in the South Pool for juniors and adults.

**Sherwood Seals**

*Rebecca Adlington Swimming Centre*, Westdale Road, Mansfield NG19 7BZ

Telephone 0345 0000230 or 07742 290922

Website <https://www.mansfieldleisure.com/>

Meets Mondays during term time 6.30–8pm. All ages. First introductory session free, then pay weekly or for each term. Parents/carers must support their child in the water if necessary.

**Swim Inclusive**

Telephone 0115 876 1600 (Nottingham City Sport and Leisure  
Customer Contact Centre)

For swimmers of all ages with a disability or life limiting illness

**Djanogly Community Leisure Centre**, Gregory Boulevard, Forest Fields, Nottm NG7 6ND

Mondays 10.45–11.45am

**Harvey Hadden Sports Village**, Wigman Road, Bilborough, Nottingham NG8 4PB

In the South Pool, Friday 3pm–4pm, Sunday 11.30am–1pm.

**Ken Martin Leisure Centre**, Hucknall Lane, Bulwell, Nottingham NG6 8AP

Sundays 2pm–3pm

**Tennis****Access Tennis Coaching Sessions**

*West Bridgford Tennis Club*, Little Bounds off Wilford Lane, West Bridgford, Nottingham NG2 7QA

Telephone 0115 9811699

Weekly coaching for children and adults with a learning disability, Saturdays from 7.30pm until 9.00pm. An Access Tennis 3-day clinic is held during the summer holidays.

**Tennis for those with a hearing impairment**

*The Tennis Centre*, University Boulevard, Nottingham NG7 2QH

Telephone 0115 876 1600 (Nottingham City Sport and Leisure  
Customer Contact Centre)

For juniors and adults on Saturdays 11am–1.00pm

**Tennis for players with a learning disability**

*Harvey Hadden Sports Village*, Wigman Road, Bilborough, Nottingham NG8 4PB

Thursdays 5.30–7.30pm

*The Tennis Centre*, University Boulevard, Nottingham NG7 2QH

Fridays 5–6pm.

Telephone 0115 933 8363

Email [admin@activeace.co.uk](mailto:admin@activeace.co.uk)

**Tennis for the visually impaired**

*The Tennis Centre*, University Boulevard, Nottingham NG7 2QH

Telephone 0115 933 8363

Email [admin@activeace.co.uk](mailto:admin@activeace.co.uk)

Fridays 6.00pm–7.00pm

**Wheelchair Tennis**

*The Tennis Centre*, University Boulevard, Nottingham NG7 2QH

Friday 7.00–8.00pm,

*Clifton Leisure Centre*, Southchurch Drive, Clifton, Nottingham NG11 8AB

Saturday 2.15–3.15pm

Telephone 0115 933 8363

Email [admin@activeace.co.uk](mailto:admin@activeace.co.uk)

Suitable for all ages and abilities. Family, friends and carers are welcome to join in. Contact for more information or to book your place.

**Trampolining****Disability Trampolining**

*West Park Leisure Centre*, Wilsthorpe Road, Long Eaton, Derbyshire NG10 4AA

Telephone 07584 856292

Email [toni@villagegames.org.uk](mailto:toni@villagegames.org.uk)

Wednesdays from 4.30pm–5.30pm. For young people aged 5–18 years, who are able to get onto a trampoline with little or no help.

### **Mixed ability sessions**

*Dukeries Leisure Centre, Main Road, Boughton, Newark, Nottinghamshire NG22 9JJ*

Telephone 01636 862469

Mixed ability trampolining sessions on Mondays 4.45pm–7.45pm and Saturdays 9.00am–12.00 pm for 5–15 years of age.

### **Planet Bounce**

*The Glass House, 153–155 Huntingdon Street, Nottingham NG1 3NL*

Telephone 0115 988 1745

Email [enquiries@planetbouncetrampolinepark.com](mailto:enquiries@planetbouncetrampolinepark.com)

Mainstream trampolining venue. Carers free if child needs support

## **Walking**

### **Walks with Buggies**

Website [www.walkswithbuggies.com](http://www.walkswithbuggies.com).

Website providing routes suitable for parents with buggies and young children. Directions and detailed OS maps can be downloaded free of charge

### **Walks with Wheelchairs**

Website [www.walkswithwheelchairs.com](http://www.walkswithwheelchairs.com)

Website providing routes suitable for wheelchair users.

## **Watching sport**

### **Level Playing Field**

Website [www.levelplayingfield.org.uk](http://www.levelplayingfield.org.uk)

Provides information on facilities at football, cricket and rugby grounds, for spectators who have disabilities. Includes reviews/comments from fans with disabilities

## **Water skiing**

### **British Disabled Water Ski and Wakeboard Association**

*The Tony Edge National Centre, Heron Lake, Hythe End Road, Wraysbury, Middlesex TW19 6HW*

Telephone 01784 483664 (National contact)

Telephone 07521 718605 or

01455 208080 (Yorkshire Central Region)

Email [yorkshire@bdwsa.org](mailto:yorkshire@bdwsa.org)

Website [www.bdwsa.org](http://www.bdwsa.org)

Aim to introduce newcomers to the sport who, due to their disability would not have considered the sport accessible. Provide expert support, specialist equipment and guidance from fully qualified instructors for those who have a visual or hearing impairment, are in a wheelchair, or have a learning disability. There is a Yorkshire/Central Region of the association which runs courses at lakes in Derbyshire, Lincolnshire and Yorkshire.

## **Television**

Concessionary TV licences (50% discount) are available if a child in the household is registered blind or severely sight impaired (not just partially sighted). The licence will need to be in the child's name. See: [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk)

Audio description is available via digital TV (freeview, cable or satellite). Information is available at [www.rnib.org.uk](http://www.rnib.org.uk) under *Information for Everyday Living*, then *Audio Description*

Subtitles may not be available on *On Demand* and *Catch Up* services, but the charity *Action on Hearing Loss* is currently campaigning on this issue, see: [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

## **Funfair**

The Pete Barrett Special Needs Funfair takes place yearly in Bramcote usually in August. Details are available via email [bramcotefair@yahoo.co.uk](mailto:bramcotefair@yahoo.co.uk) or from the Information Service 0115 8831157/8 or IRIS (page 255) if you do not have access to email.



## Money matters

We have done our best to give accurate and up to date information in this section: however it was not written by qualified benefits advisors and we cannot guarantee complete accuracy.

If you think you might be entitled to a benefit or might need to take further action you should get advice from the websites and advice agencies listed towards the end of this section. You may also want to look at the *Transport* section of this directory which has information on road tax, transport costs for medical appointments and the Motability scheme. We have used 'he' or 'she' when referring to children in this section. All information applies to children of either sex.

Nottinghamshire County Council has information on benefits on its website at: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (search for *Welfare Benefits*).

## Disability Living Allowance (DLA)

This is the main benefit for children with disabilities who are under 16 years. Young people aged 16 and over must claim PIP (Personal Independence Payment). DLA is not affected by how much income you have. If you claim other benefits, income from DLA is not taken into account. DLA is paid every 4 weeks and is a passport to other types of help. There are 2 components to DLA and either or both can be claimed. We have given a brief explanation here but there is more detail at [www.gov.uk](http://www.gov.uk)

### Care component

If, because of disabilities, mental health problems or long term illness, your child needs more care and help than a child of his age would normally need he should qualify for the care component. For example the help could be with dressing, eating, signing, with making himself understood or managing behaviour etc. Normally, children need to be 3 months old or more to receive the care component of DLA but you can make the claim in advance so that your child receives it as soon as they are 3 months old. Children under 6 months must have lived in Great Britain for at least 13 weeks. Children aged 6 months to 3 years must have lived in Great Britain for at least 26 of the last 156 weeks.

If your child has a terminal illness and is expected to live 6 months or less, you can make your claim under the special rules. This means you won't have to wait for 3 months and you will receive the highest rate care component automatically. The residence in Great Britain rules will also not apply. Ask your child's consultant for a DS1500 report and send it with your claim. If you'd rather not read what they write, ask for the DS1500 to be handed to you in a sealed envelope. The DWP aims to make decisions about these claims very quickly.

There are 3 different rates for care component depending on how much extra care your child needs:

**Weekly Rates** for 2016/17 are £82.30 (high), £55.10 (middle), £21.80 (low)

### Mobility component

If your child can walk but needs more guidance or supervision than other children the same age she may qualify for lower rate mobility component. This can be paid from age

5. If she is unable or virtually unable to walk, or has severe learning disabilities and severe behavioural problems/autism and she receives the high rate of care component, or she has considerable visual or hearing impairment, or if her health might be further damaged by walking she may qualify for higher rate. This can be paid from age 3.

**Weekly Rates** for 2016/17 are £57.45 (high), and £21.80 (low).

Children may be asked to attend an assessment to check eligibility.

## Claiming DLA

To claim Disability Living Allowance telephone 03457 123456 for dated forms. If granted, the benefit will be paid from the date stamped on the form provided you return the form within the time given in the letter. You can get undated forms from the Information Service at the Children's Centre, Nottingham telephone 0115 8831157 or 58 or you can download forms to complete by pen or on your computer from [www.gov.uk](http://www.gov.uk) but if DLA forms are undated your benefit will only be paid from the date the benefits office receives your completed form. You may, though, find it worth getting a form to practise on.

Paper DLA forms need to be returned to:

*Disability Benefit Centre 4, Post Handling Site B, Wolverhampton, V99 1BY*

You should get an acknowledgement of your claim for DLA within 2 weeks and a decision within about 3 months. If your claim for DLA is turned down or you are awarded a lower rate than you expected, you can always challenge this but you must do so within one month of the date on the decision letter either by phone or in writing. This is known as a mandatory reconsideration. Contact the number on the decision letter to ask for the reasons for the decision unless these are clear in the letter. You can ask for a written statement of the reasons if you want, but you may not be given additional time to do this.

You cannot appeal a decision unless you have been through the reconsideration stage first (or you are appealing a decision made before 28/10/13). You may also want to send additional information supporting your claim (e.g. from your paediatrician or a specialist nurse). If you are unhappy with the revised decision you can appeal. You must do this within one month of the date on the letter giving the revised decision. You can appeal on appeal form SSCS1 which you can download from [www.gov.uk](http://www.gov.uk) and you need to include the Mandatory Reconsideration Notice which will have been sent to you. You should ask for an oral hearing (where you attend in person) if you can as this is more likely to be successful.

The forms, particularly for DLA, can be difficult to complete and it is well worth getting help from a welfare rights advisor see Advice and help with forms at the end of this section. Contact a Family (0800 8083555), produce a *Guide to claiming Disability Allowance for Children* which you can download from their website which includes information about appeals etc. Cerebra also produce a detailed DLA Guide which you can download from [www.cerebra.org.uk](http://www.cerebra.org.uk) from the *Get Information* tab then under *Guides for Parents*. The Cerebra guide is updated less frequently so contact details and advice are likely to be more up to date in the Contact a Family guide; however you may find their ideas about describing your child's needs useful.

DLA is normally awarded for a fixed period and you should receive a renewal form 6 months before your DLA is due to end. Renewal forms may also be sent before your child's 3rd or 5th birthday (because you may be entitled to mobility component). You

should always get help with completing the forms as they are treated as if they were new claims. If your child is getting DLA but his/her needs change you can ask for your DLA award to be looked at again to see if your child should receive a higher rate. Ring 03457 123456 for a change of circumstance form. You should get help completing this form as there is a risk that your award could be reduced rather than increased. If your child is 16 plus and has a continuing DLA award, asking for your award to be looked at again may also mean they are moved onto Personal Independence Payment.

Disability Living Allowance can be affected if a child stays away from home eg. in a residential school, or in residential respite care if this is paid from public funds. DLA care component will stop after the child has been in residential school or in a care unit for 28 days. The mobility component is not affected. Stays in hospital no longer affect DLA (or PIP for someone under 18 years). The rules are complex and you should keep a note of the dates your child went in and out of care and get advice.

If your child is subject to immigration control you should not make a claim for DLA without getting further advice as a claim might affect their right to stay in the UK.

## Carers Allowance (CA)

If your child receives middle or high rate care component of Disability Living Allowance or receives the daily living component of Personal Independence Payment, you may be able to claim Carers Allowance. To receive this you must be over 16 yourself, caring for the child for at least 35 hours a week (most parents will do this much even if they work) and not in full time education. If you receive certain benefits, the Carers Allowance may be deducted from the amount you are paid—however you could still have an ‘underlying entitlement’ which means a carer premium could be added to your benefits. If you get CA, you can still have a paid job provided you do not earn over a certain amount (£110 a week in 2016/17) after certain expenses e.g. taxes, care costs while you are at work and 50% of your pension contributions.

You can only get one payment of Carers Allowance each week even if you are caring for two or more children with disabilities. If you work and earn too much to claim but someone else e.g. a grandparent cares for the child for at least 35 hours a week, they could claim the Carers Allowance. There is more information on the government website [www.gov.uk](http://www.gov.uk)

Carers Allowance can be affected if your child goes into hospital or residential care.

### Rates for 2016/17:

£62.10 (Carers Allowance), £29.50 (Carer Premium where applicable).

To claim Carers Allowance telephone 0345 608 4321 for a form or apply online at <https://www.gov.uk/carers-allowance>

## NHS benefits

Your child under 16 years (or 16–18 years and in fulltime education) is entitled to free NHS prescriptions, sight tests, wigs and fabric supports. They can also get vouchers towards the cost of glasses or contact lenses and, if under 16 years, vouchers towards cost of repair or replacement if these are damaged or lost. If the young person is over 16 and cannot get replacement/repair through an insurance or warranty and is entitled to a vouch-

er for the glasses/lenses then he may be eligible for a voucher towards replacement costs. Ask your optician.

Dental care is free for young people under 18 years or under 19 and in fulltime education. NHS hearing aids and batteries, including replacement batteries are free and the aids will be serviced and maintained free of charge. Young people aged 16 and 17 who have recently left local authority care are entitled to full help through the NHS Low Income Scheme. There is more information about help with NHS costs at:

[www.nhs.uk/NHSEngland/Healthcosts](http://www.nhs.uk/NHSEngland/Healthcosts)

For information about help with the cost of travel to hospital appointments see the *Transport* section of this directory pages 202–203

## Tax credits

Parents with at least one child who usually lives with them may be entitled to Child Tax Credit. The child must be under 16, or under 20 and in fulltime nonadvanced education or approved training. Fulltime education means 12 hours or more a week of supervised study or course related work experience. Those on low incomes may also be entitled to Working Tax Credit if they or their partner are working for 24 hours a week or more between them, with one partner working for at least 16 hours. A lone parent must be working at least 16 hours a week. However, couples where one partner receives Carers Allowance or has an underlying entitlement to it may be entitled to Working Tax Credit if their income is low, even though they do not work 24 hours between them as long as the other partner works at least 16 hours. As tax credits can be quite complex it is worth getting further information from [www.gov.uk](http://www.gov.uk) where there is a tax credits calculator and an online tool to help you see if you may be eligible. You can also find out more about these benefits from the

### Tax Credit helpline

Telephone 0345 300 3900

Textphone 0345 300 3909

and by looking at the *Tax Credits Guide* from Contact a Family (page 176).

If your child starts to receive DLA or PIP, or the care component is increased to highest rate, or the daily living component of PIP is increased to enhanced rate you need to contact the Tax Credit Helpline as you may be eligible for extra payment. If your child is certified blind you may also get extra child tax credits. If your child goes into hospital, you can continue to receive Child Tax Credit as long as you are still in regular contact with your child. If your child dies, Child Tax Credit is paid for 8 weeks after the death. Child benefit and Child Tax Credits cannot be paid for stillborn babies, but can be paid if a baby lives for only a short time. If you haven't made a claim when the baby dies you can still do so within one month (tax credits) or three months (child benefit) of the birth.

To claim Tax Credits contact the helpline for a form:

Helpline 0345 300 3900 Textphone 0345 300 3909

Renewals and new claims should be sent to *HM Revenue & Customs—Tax Credits, Comben House, Farriers Way, Netherton L75 1BY*.

Universal Credit is being introduced across the country but is not yet available for families in Nottinghamshire (Jun 2016). This replaces tax credits and other benefits.

## The Benefits Cap

This limits total benefits for a household to £500 a week (£26,000 per year) for a couple with or without children. The cap will reduce to £20,000 outside London for single people (or couples) with children, from autumn 2016. It does not apply where the person who claims benefits, their partner or any dependent child gets Disability Living Allowance (DLA) or PIP.

## Council Tax

This is a non-means tested reduction. If you have a room set aside for a person with disabilities (eg. to store equipment) or the house has an extra bathroom for the person with disabilities or has been extended to provide a ground floor bedroom etc. you may be entitled to a council tax reduction. Contact your local council to check.

## Spare Room Subsidy/Bedroom Tax

If a child gets middle or higher rate DLA and your housing benefit office accepts that their disability prevents them from sharing they will be allowed a separate bedroom regardless of whether you rent from the council, a housing association or a private landlord.

## When your son or daughter reaches 16

The Department for Work and Pensions will contact you as your son or daughter approaches 16. While your child is under 16 a parent or carer is automatically their 'appointee' for DLA, filling in forms and making claims for them and letting the Department of Work and Pensions know about any changes that might affect entitlement. At 16 a young person may be able to handle their own affairs and have disability benefits paid directly to them. This will not stop them being considered as a dependent child if you are claiming other benefits. If you need to continue to handle their benefits eg. because they have learning disabilities and can't do this themselves then you can continue to do this and whoever visits you both from the Department for Work and Pensions should discuss this. The DWP should write to you when your child is 15 and 7 months and will send a reminder 3 months later. This is to inform you about the process for claiming Personal Independence Payment and to find out if your son or daughter needs an appointee. Shortly after your child reaches 16 the DWP will write to them (or to you if you have been made their appointee) to invite them to make a claim for PIP. Their current DLA payments should continue until a decision has been made on PIP. If your child (or you as their appointee) does not claim PIP within the specified time period (usually 4 weeks) their DLA will stop.

## Personal Independence Payment (PIP)

PIP replaces DLA for young people aged 16 upwards. There is no automatic transfer from DLA to PIP so everyone will be reassessed for the new benefit. There is more about PIP including 2015/2016 rates in the Transition section of this directory and Contact a Family's booklet, 'Personal Independence Payment and other benefits at 16' which can be downloaded from [www.cafamily.org.uk](http://www.cafamily.org.uk) or ring 0808 808 3555.

## The 16-19 Bursary Fund

The 16-19 Bursary Fund has replaced Education Maintenance Allowance in England. A young person in receipt of either Disability Living Allowance or PIP and also Employment and Support Allowance (ESA) will get a guaranteed bursary of £1,200 a year, so long as they are on an eligible course. You need to check with the course provider whether a particular course is eligible. Those not eligible for the guaranteed bursary might be able to get a discretionary bursary. Talk to the school or college. For additional information on financial help at 16 see the *Transition* section of this directory.

## Employment rights for parents

There are various rights which can help parents with children with disabilities up to age 18 and carers of adults. For example, the right to request to work flexibly, unpaid parental leave, time off to deal with emergencies. You can find out more about these from the Gov UK websites:

[www.gov.uk/parental-leave](http://www.gov.uk/parental-leave) [www.gov.uk/flexible-working](http://www.gov.uk/flexible-working)

[www.gov.uk/time-off-for-dependants](http://www.gov.uk/time-off-for-dependants)

## Working Families

*Cambridge House, 1 Addington Square, London, SE5 0HF.*

Telephone 02070170072 (Janet Mearns for disability issues)

Helpline 0300 012 0312 (general advice for working parents of any child)

Mon 10am-1pm 5-6pm, Tue, Thurs 10am-1pm, Friday 1-3pm

Email [janet.mearns@workingfamilies.org.uk](mailto:janet.mearns@workingfamilies.org.uk) or [advice@workingfamilies.org.uk](mailto:advice@workingfamilies.org.uk)

Website [www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

The Waving not Drowning project at Working Families supports parents of children with disabilities who work or would like to work. Their factsheets on working, time off and childcare are available to download from the website. They also produce a regular downloadable newsletter and *From Child to Adult* a disability transition guide.

## ACAS

Helpline 0300 123 1100 (8am-8pm weekdays, Sat 9am-1pm)

Text Relay (for people with hearing/speech difficulties) 18001 0300 123 1100

Website [www.acas.org.uk](http://www.acas.org.uk) (includes Helpline Online)

ACAS provide free and impartial information and advice on all aspects of workplace relations and employment law. Advice on general employment issues and for parents and carers who are employees, plus information about personal care workers for employers and employees, is downloadable.

## Direct payments and personal budgets

You might be eligible to receive these eg. as part of an Education Health and Care plan or if you are eligible for Flexible Short Breaks (county) or short breaks (city). For more information see *Children and Families Services* section of this directory.

## Disabled Facilities Grant

A disabled facilities grant gives help towards the cost of adapting your home. This could include making it easier for your child to get in and out of your home with an access ramp, widening doors, or putting in grab rails or a stair lift or level access shower. It can also include access to the garden. At present (June 2016) the maximum grant is £30,000 and there is no means test when the grant is needed for a child or young person under 18 years. Owners and tenants can apply. If you live in council owned accommodation, you may still be able to get adaptations to your home, but they may be funded differently. The first step is to contact your social services occupational therapists (see *Equipment and housing adaptations* in the *Children and Families Services* section of this directory). You should not start the work until your grant is approved.

## Multiple births

Sure Start maternity grants of £500 (March 2015 rate) are available to families on a low income receiving certain benefits. They are normally only available for the first child. However families where there is already a child under the age of 16 may be able to get the grant if they are expecting a multiple birth. Families expecting twins will receive £500 and triplets £1000 provided they have not already had one multiple birth. Families with twins expecting triplets will get £500. Claim forms can be downloaded, more details at [www.gov.uk/sure-start-maternity-grant](http://www.gov.uk/sure-start-maternity-grant) or 0345 603 6967.

## Warm Home Discount

This scheme offers a discount on fuel bills and continues until March 2017. Whether it will then be renewed is uncertain (June 2016). There is information on the government website [www.gov.uk](http://www.gov.uk) and your energy supplier can tell you more if they participate in the scheme. Local welfare rights services (see later in this section) will have details. Eligibility varies depending on your supplier but may include people with children who receive certain benefits.

## Charitable funding

Libraries may have national directories of grant making trusts. These directories are expensive so they are more likely to be found in the larger public libraries. You can check the library catalogues for the county and city at: [www.nottinghamshire.gov.uk/learning/libraries/](http://www.nottinghamshire.gov.uk/learning/libraries/)

The Information Service at the Children's Centre produces a sheet of organisations who may provide funding for local families with a child with disabilities. Phone 0115 8831157 or 58 for a copy.

### Caudwell Children

*Minton Hollins, Shelton Old Road, Stoke-on-Trent, Staffordshire, ST4 7RY.*

Telephone 0845 300 1348

Website [www.caudwellchildren.com](http://www.caudwellchildren.com)

Email [charity@caudwellchildren.com](mailto:charity@caudwellchildren.com)

Grants for equipment and therapy for children and young people under 18 with a chronic illness or disability. Phone for application form or download from website. Can apply

online. Household income must not be above £45,000. A representative from Caudwell Children is available once a month at the Children's Development Centre in Nottingham to help with advice and applications. Phone the centre on 0115 8831157 for further details.

### Cerebra

*(Parent Support) Freepost SWC3360, Carmarthen, SA31 1ZY*

Telephone 0800 328 1159

Email [info@cerebra.org.uk](mailto:info@cerebra.org.uk)

Websites [www.cerebra.org.uk](http://www.cerebra.org.uk)

<http://www.facebook.com/CerebraCharity>

Grants for equipment and services for children aged 16 or under with a range of developmental conditions including epilepsy, cerebral palsy, chromosome or genetic conditions, ADHD, autism, dyspraxia, hydrocephalus, foetal alcohol syndrome etc. Does not fund holidays, house adaptations, driving lessons or education fees.

### The Family Fund

*Unit 4, Alpha Court, Monks Cross Drive, Huntington, York YO32 9WN*

Telephone 01904 621115

Textphone 01904 658085

Email [info@familyfund.org.uk](mailto:info@familyfund.org.uk)

Website [www.familyfund.org.uk](http://www.familyfund.org.uk)

The Family Fund helps families caring at home for a seriously ill child or a child with disabilities or serious illness aged 17 or under. Grants must be related to the care of your child and could provide e.g. clothing/bedding, holidays and outings, washing machines, specialist toys etc. You must be in receipt of or eligible for at least one of the following: Child Tax Credit, Working Tax Credit, Income Based Job Seekers Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit, Pension Credit or Universal Credit. The website has further information about disability criteria. Application forms can be downloaded from website and previous applicants may be able to apply online. You cannot get more than one grant per year. You must have permanent legal residency in the UK and have lived here for at least 6 months. The Family Fund cannot help children living with foster carers. If you want advice before applying contact:

Telephone 01538 369200 (Lyn Coggan, Regional Coordinator)

Email [Lyn.Coggan@familyfund.org.uk](mailto:Lyn.Coggan@familyfund.org.uk)

### New Appeals Organisation.

*4 Rise Court, Hamilton Road, Nottingham NG5 1EU*

Telephone 0115 9609644

Email [newappeals@gmail.com](mailto:newappeals@gmail.com)

Website [www.newappeals.org](http://www.newappeals.org)

Grants for people in city and county of Nottinghamshire. Will consider most needs except debts and arrears, building costs and education costs.

### Newlife Foundation for Disabled Children

*Newlife Centre, Hemlock Business Park, Hemlock Way, Cannock, Staffs. WS11 7GF*

Telephone 0800 902 0095 (free helpline staffed by nurses)

01543 462777 (Mon–Fri 9.30am–5pm)

Website [www.newlifecharity.co.uk](http://www.newlifecharity.co.uk)

Equipment grants for children with a significant disability who live permanently in the UK. Equipment must be essential and disability relevant. Play Therapy Pod loans also available. Just Can't Wait service delivers essential equipment loans within 72 hours for families with a child with a terminal illness. Emergency loans of specialist beds. No means testing but do take a view of whole circumstances of the family. For children/young people up to their 19th birthday.

## Protecting your pension

Your entitlement to state pension is based on the number of years in which you have paid or been credited with National Insurance contributions. Parents and carers who are not working and paying National Insurance will be able to build up qualifying years through Carer's Credit, if they are caring at least 20 hours a week for someone who receives Disability Living Allowance at the medium or higher rate or receives Personal Independence Payment (daily living component) at standard or enhanced rate or if the need for care has been certified by a health or social care professional when you send in the Carers Credit application. You don't need to apply for Carer's Credit if you receive Carers Allowance or you receive Child Benefit for a child under 12 (make sure it is your name on any letters you receive from the Child Benefit Centre) as you will automatically be getting credits. There is more information at [www.gov.uk](http://www.gov.uk) where you can download the application form or you can call the Carers Allowance Unit (details under *Advice and help with forms*)

## Advice and help with forms

Waiting lists for local welfare rights services can be long—make an appointment as soon as you receive your form as there will usually be a time limit for returning the form.

## National advice helplines and websites

### Carers Allowance Unit

*Palatine House, Lancaster Road, Preston, Lancashire, PR1 1HB*

Telephone 0345 6084321 (Mon–Thu 8.30am–5pm or Fri 4.30pm)  
Textphone 0345 6045312  
Email [cau.customer-services@dwp.gsi.gov.uk](mailto:cau.customer-services@dwp.gsi.gov.uk)

### Child Benefit Helpline

Telephone 0300 200 3100 (Mon–Fri 8am–8pm, Sat 8am–4pm)  
Textphone 0300 200 3103

### Child Trust Fund (closed to new applicants)

Website [www.gov.uk/child-trust-funds/overview](http://www.gov.uk/child-trust-funds/overview)

The Child Trust Fund was for children born September 2002 to 2nd January 2011.

Normally your child cannot access the money until they are 18, but if your child has a terminal illness and is not expected to live more than 6 months you can get early access to buy things your child needs. If your child is 16 plus and is managing the account themselves, they can ask for early access if they are terminally ill. If there is still money in the account when your child dies it will be paid to whoever inherits the child's estate.

## Contact a Family

Contact a Family produce factsheets on benefits, tax credits, debt, claiming DLA, direct payments, help with fuel costs and council tax bills etc. The factsheets are updated regularly. You can download from their website [www.cafamily.org.uk](http://www.cafamily.org.uk) (under *Advice and Support*, then under *Resource Library*). They can provide advice over the phone 0808 808 3555. Contact a Family has a playlist on YouTube which includes videos on benefits. You can access this direct from their website.

## Disability Benefits Helpline (formerly DLA Helpline)

Telephone 03457 123456 (Mon–Fri 8am–6pm)  
Textphone 03457 224433

## Disability Rights UK

Website [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

Factsheets on benefits and forthcoming changes, range of disability publications including guides for young people with disabilities considering higher education.

## Gov UK

Website [www.gov.uk](http://www.gov.uk)

Official government website with information on disability benefits, child benefits, appeals, reporting changes to your personal circumstances etc.

## National Debtline

*Tricorn House, 51-53 Hagley Road, Edgbaston, Birmingham B16 8TP*

Freephone 0808 808 4000 (Mon–Fri 9am–9pm, Sat 9.30am–1pm)

Website [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

National telephone helpline for people with debt problems. Email advice from the website, online chat to an advisor. Free, confidential and independent. Free factsheets and sample letters. Callers can remain anonymous.

## PIP Helpline: 0345 850 3322

Textphone 0345 601 6677 (Mon–Fri 8am–6pm)  
PIP Claimline 0800 917 2222/ 0800 917 7777 (Mon–Fri 8am–6pm)

## Turn2us

Helpline 0808 802 2000  
Website [www.turn2us.org.uk](http://www.turn2us.org.uk)

Database of charitable grants, information about benefit changes, benefits calculator, information sheets.

## Local welfare rights advice

### Sessions in Nottinghamshire County

#### Collingham Rural Advice and Resource Centre

*The Memorial Hall, 67 High Street, Collingham Newark NG23 7LB*

Telephone 01636 893241

Free confidential advice on benefits, help with DLA forms, appeals and tribunals. Open Tuesday–Thursday 9:30am–12pm for drop in and 1–5pm for appointments and home visits. Open to people from any area who can get to the Centre.

**Disability Nottinghamshire***Unit 15, Botany Park, Mansfield, Nottinghamshire NG18 5NF*

Telephone 01623 625891

Website [www.disabilitynottinghamshire.org.uk](http://www.disabilitynottinghamshire.org.uk)

Online web chat advice 10am–1pm Mondays.

Disability Nottinghamshire offer advice and help with benefit forms. They have a Reach Out Nottinghamshire Project Plus which provides telephone advice for people in rural/isolated areas of the county and may do home visits if needed. Drop in information service (see Information services section). Appointments need to be made for form filling.

**Macmillan Cancer Information and Support Centre 'The Pod'***King's Treatment Centre, King's Mill Hospital, Sutton-in-Ashfield, Nott. NG17 4JL*

Telephone 01623 622515 ex 6499

Help with benefit forms, applying for grants, getting food parcels etc. for families affected by cancer.

**Rushcliffe Advice Network**Website [www.rushcliffeadvicenetwork.org.uk](http://www.rushcliffeadvicenetwork.org.uk)

Advice and help with forms. Provides sessions at

*Bingham Advice Centre, Town Council, Old Court House, church Street, Bingham NG13 8AL*

Telephone 07968642243 (Drop in 9.30–12.30 Weds)

*Cotgrave Advice Centre, Community Hall behind Methodist Church, Bingham Road, Cotgrave NG12 3JR.*

Telephone 0115 989 3294 (Drop in 5–7pm Mon, 9am–12pm Tue/Thu)

*Keyworth Advice Centre, Village Hall, Elm Avenue, Keyworth NG12 5AN*

Telephone 0115 9827552 (Drop in Tues 1–4pm)

*Radcliffe on Trent Advice Centre, St Mary's Hall, Main Road, Radcliffe on Trent*

Telephone 0796 8642243 (Drop in Thu from 9.30am–12.30pm)

*West Bridgford Advice Centre, St.Giles Church Hall, Stratford Road, West Bridgford NG2 6AZ*

Telephone 0115 982 1475 (Drop in Weds from 9:30am–12pm)

**Sessions in Nottingham City****Welfare Rights Service***Loxley House, Station Street, Nottingham NG2 3NG*

Telephone 0115 841 1355 (8.30am–4.50pm, Mon–Fri)

Email [welfarerights@nottinghamcity.gov.uk](mailto:welfarerights@nottinghamcity.gov.uk)

Phone the number above for an appointment.

Appointments will be at venues across the city. There are some sessions for clients who need advice in an Asian language.

**Bestwood Advice Centre***21 Gainsford Crescent, Bestwood Estate, Nottingham NG5 5FH*

Telephone 0115 9626519

Drop in on Tue and Wed 9.30–12.30. Appointments can be made for help at other times if required. Also have a drop in session at Basford Library on Mondays from 2–4pm.

**Children's Development Centre***City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 8831157/58

Welfare rights sessions on Mondays 9am–4pm provided by Disability Direct. Help with DLA forms, appeals etc. Appointment only, call number above not Disability Direct. Available to any parent who can get to the Centre.

**Clifton Advice Centre***Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8EW*

Telephone 0115 9405551 for appointments Mon, Tues, Wed, and Fri 10am–1pm

Can help with DLA or PIP forms. Appointment needed. For families living in Clifton, Wilford or Silverdale areas.

**Disability Direct***Old Basford Community Centre, Bramble Close, Davids Lane, Basford, Nottm. NG6 0QG*

Telephone 0115 9785095

Open Mon–Thu (9:30–4:30pm, Fri 9:30–4pm)

Free welfare rights advice, help with forms, help with preparing for appeals and tribunals. Drop in visits welcome but it is best to make an appointment. Provide session at Children's Development Centre (see above).

**Meadows Advice Group***Queens Walk Community Centre, Queens Walk, Meadows, Nottingham NG2 2DF.*

Telephone 0115 9860197 for an appointment Mon–Fri 10am–1pm

Welfare rights and debt advice. Can help anyone who pays Council Tax to Nottingham City Council. Help with DLA Forms. Drop in sessions Mon and Thu 10.15am–1pm. Asian language interpreters may be available. Wheelchair access.

**Nottingham Law Centre***119 Radford Road, Hyson Green, Nottingham NG7 5DU*

Telephone 0115 9787813 (9:30am–12:30pm 2:30–4:30pm)

Website [www.nottinghamlawcentre.org.uk](http://www.nottinghamlawcentre.org.uk)

Advice on debt, housing and welfare benefits by appointment only.

**St Anns Advice Centre***Chase Neighbourhood Centre, Robin Hood Chase, St Anns, Nottingham NG3 4EZ*

Telephone 0115 9506867 for appointments or call in to the Centre

Open Mon–Thur 9–12:20. 1:20–3:20pm Fri: 9–12:20. Wheelchair accessible, ramped entrance, adapted toilets and lift.

**Legal Advice Centre at Nottingham Law School (see page 181)**

## Legal advice and advocacy

### Advice Now

Website [www.advicenow.org.uk](http://www.advicenow.org.uk)

Website bringing together a wide range of advice on the law and your rights from selected legal and community information websites.

### Child Law Advice

Family Law 0300 330 5480 Education Law 0300 330 5485 (8am–6pm)

Website [www.childlawadvice.org.uk](http://www.childlawadvice.org.uk)

Some information to download freely, more detailed guides can be downloaded for small charge. Check website for answers before calling as lines very busy. Only advise on family or education law. You can book a callback for more detailed advice but note there are charges (£25 for 30 minute session June 2016).

### Coram Children's Legal Centre

*Riverside Office Centre, Century House North, North Station Road, Colchester CO1 1RE*

Migrant Children's Legal Advice Line 0207 636 8505 (10–4pm, Tues–Thurs)

Education Legal Advice 0345 345 4345 (only for those eligible for Legal Aid)

Website [www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

Independent charity providing legal information and representation on all issues of the law relating to children and young people. Legal advice on education, divorce and separation, asylum etc. Publications, online information, web chat with expert advisors, advice for non-immigration specialists working with asylum seekers.

### Disability Law Service

*The Foundry, 17-19 Oval Way, Vauxhall, London, SE11 5RR*

Telephone 020 7791 9800 (Mon–Fri 10am–1pm, 2–5pm)

Email [advice@dls.org.uk](mailto:advice@dls.org.uk)

Website [www.dls.org.uk](http://www.dls.org.uk)

Free legal advice for people with disabilities and their families, carers and advocates, covering community care, disability discrimination, employment, welfare benefits. Online factsheets to download. Factsheets in large print and audio format.

### Equality Advisory and Support Service

*Freepost Equality Advisory Support Service FPN4431*

Telephone 0808 800 0082 (free from landlines and most mobiles)

Textphone 0808 800 0084

Website [www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)

Information about discrimination and human rights. Telephone advice and assistance if you think you have been treated unfairly because of disability (or other reasons e.g. gender). Online resources including template letters. Open Mon–Fri 9am–8pm, Sat 10am–2pm.

### Family Rights Group

*The Print House, 2nd Floor, 18 Ashwin Street, London E8 3DL*

Advice Line 0808 801 0366 (Mon–Fri 9.30am–3pm free from landlines and most mobiles)

Textphone

18001 then advice line number

Website

[www.frg.org.uk](http://www.frg.org.uk)

Can advise parents, friends or relatives in situations where local authority children's services are involved in a child's life or where parents/carers need support from children's services. Free confidential advice. Supports grandparents and other relatives raising children who cannot live at home, and families with children in care. Downloadable advice sheets.

### Law Society

Website

[www.lawsociety.org.uk](http://www.lawsociety.org.uk)

Website includes a 'find a solicitor' section where you can search for solicitors by area and by specialism.

### Mencap

*123 Golden Lane, London, EC1Y 0RT*

Learning Disability Helpline 0808 808 1111

Wills and Trusts Team 020 769 66925

Email [willsandtrusts@mencap.org.uk](mailto:willsandtrusts@mencap.org.uk)

Website [www.mencap.org.uk](http://www.mencap.org.uk)

Mencap's Wills and Trusts Team can give you free advice and support. They have an in-house wills and trusts solicitor and they provide nationwide seminars offering face to face advice, a directory of recommended solicitors, and free information booklets including details of the Mencap Trust Company which manages money left to someone with a learning disability.

### National Youth Advocacy Service (NYAS)

*National Youth Advocacy Service, Egerton House, Tower Rd., Birkenhead, Wirral CH41 1FN*

Helpline 0808 808 1001 (Mon–Fri 9am–8pm Sat 10am–4pm)

Email [help@nyas.net](mailto:help@nyas.net)

Website [www.nyas.net](http://www.nyas.net)

Charity providing confidential socio-legal advice, information, advocacy and legal representation to children, young people, and vulnerable adults and advice for those acting on their behalf.

### Nottingham Law Centre

*119 Radford Road, Hyson Green, Nottingham NG7 5DU.*

Telephone 0115 978 7813 (Mon–Fri 9.30am–12.30pm, 2.30pm–4.30pm).

Website [www.nottinghamlawcentre.org.uk](http://www.nottinghamlawcentre.org.uk)

Advice by appointment only on housing, welfare benefits and debt for people living or working in the city of Nottingham only.

### Legal Advice Centre

*Nottingham Law School, Chaucer Building, Goldsmith Street, Nottingham NG1 5LP*

Telephone 0115 848 4262.

Free legal advice on matters including employment rights, housing law, debt and welfare rights. Tribunal representation. Services are provided by current students who work under the supervision of qualified solicitors.

**Victim Support**

Victim Supportline(national) 0808 1689111 (Mon–Fri 8am–8am, Sat 5am–Mon 8am)  
 Nottinghamshire 0300 303 1967 (Mon–Fri 9am–7pm, Sat 10am–1pm)  
 Website [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

VS Nottinghamshire is a charity that provides free, independent and confidential support for anyone affected by crime in Nottingham and Nottinghamshire. Offers a variety of services for victims of all crimes, anti-social behaviour and hate incidents. This can range from listening to their worries and anxieties, linking victims with other agencies or services, to practical solutions like providing personal alarms and other security items or assisting with Criminal Injuries Compensation forms. Support takes into account victim's cultural or religious background, age, language and communication barriers, disabilities, vulnerabilities etc.

There is further information on legal issues in the Transition section of this directory on pages 230–231

**Equipment and accessibility**

Contact a Family (0808 808 3555, [www.cafamily.org.uk](http://www.cafamily.org.uk)) produce a fact sheet on Aids, Equipment and Adaptations. You may also find the *Clothing* and *Play* sections of this directory useful. If you are unable to find the equipment you want, the Information Service (number on every page) is always willing to research this for you.

**Equipment on long term loan**

Occupational therapists based in the local authority Disabled Children's Team (city) or Children's Disability Service (county) provide assessments/equipment to help your child at home such as hoists, seating, bathroom adaptations, sleep systems.

The NHS provides equipment to meet medical needs, including wheelchair services (via the mobility/wheelchair centres below), continence supplies (via your health visitor/school nurse) and hearing aids (via audiology services).

NHS occupational therapists provide equipment needed in school such as special seating, pen grips, writing slopes and they will do this via the Physical Disability part of the Sensory and Physical team based at Oak Field School (for children who live or attend mainstream school in the city) and via the Physical Disability Support Service based at Fountaindale School (for children attending mainstream county schools or who live in the county). Special schools have their own occupational therapy and physiotherapy. There is more about equipment for education in the *Education* section of this directory

When your physiotherapist, community nurse or occupational therapist assesses your child for the equipment they need it will be ordered via the Community Equipment Service. It may require fitting/adjustment by your therapist when it is delivered. If a fault occurs with the equipment after you have received it, contact your therapist. You can also contact the CES if you have a query about delivery of the item or need to have it collected when no longer needed. If your child outgrows the equipment or you have concerns e.g. about positioning or use, contact the professional who assessed your child.

**Nottingham Community Equipment Service**

Middleton Court, Glaisdale Parkway, Glaisdale Drive West, Nottingham NG8 4GP  
 Unit 6, Eco Court, Latimer Way, Sherwood Energy Village, Ollerton, Notts. NG22 9QW  
 Telephone 0845 1272911

Covers city and county. Main base is in Nottingham but some specialist equipment is supplied from the Ollerton base and some children may go here for seating assessments. Service is commissioned from British Red Cross.

**Telecare**

Telephone 0115 876 3222  
 Email [telecare@nottinghamcity.gov.uk](mailto:telecare@nottinghamcity.gov.uk)

Provides, usually on loan, technology to help people become/remain independent. Technology might be linked (eg. exit sensors, care alarms) or stand-alone. Service covers children and adults.



## Wheelchairs and special needs buggies on long term loan

### Nottingham City Hospital Mobility Centre

*City Hospital Campus, Hucknall Road, Nottingham NG5 1PJ*

Telephone 0115 9691169 see below for extension nos.

Supply and maintain wheelchairs, buggies, pressure cushions, special seating and artificial limbs. For children in Nottingham City, Broxtowe, Gedling and Rushcliffe. Usually your therapist will organise appointments etc. here but if you need to contact the service yourself with a query use the extension numbers below:

Reception	56544
Artificial limbs	55688
Long term loans	57581 (surnames A—L) 57552 (surnames M-Z)
Occupational therapists	57575
Short term loans (e.g. broken leg)	54647
Specialist child seating	57557

If you need a special needs buggy or similar, your GP can complete a form so that the Mobility Centre can supply this without the need for further assessment.

### Wheelchair Service

*Mansfield Community Hospital, Stockwell Gate, Mansfield, Notts NG18 5QJ*

Telephone 01623 785076

Supply and maintain wheelchairs, specialist seating etc. Accredited assessors should arrange the appointment. For children in Mansfield, Ashfield, Newark and Sherwood.

### Mobility and Specialised Rehabilitation Services

*Northern General Hospital, Herries Road, Sheffield, South Yorkshire S5 7AU*

Telephone 0114 2715807

Supply and maintain wheelchairs, specialist seating etc. Any qualified clinician (GP, therapist etc.) can arrange an appointment for you. For children with a Bassetlaw GP.

## Equipment on short term loan

### Children's Short Term Equipment Loan Service (County)

*Children's Disability Occupational Therapy Service Duty Point*

Telephone 0115 8041273

Email [childrenot.duty@nottscg.gov.uk](mailto:childrenot.duty@nottscg.gov.uk)

Specialist equipment for short term loan for use on holidays (UK and abroad), short breaks, leisure and social trips and school trips. Items include early sitting systems, hoists, manual transfer slings, portable safe spaces, Maclaren Major Elite buggies, stair-climbers, temporary ramps, toileting and bathing equipment, MERU flight chair. This service is available for families who live in the county only (not city) and families should contact their occupational therapist or the occupational therapy duty point above if they do not already have an occupational therapist. The equipment will be demonstrated to ensure the family is confident about using it and families should collect it from the British Red Cross ICES stores, Unit 5 Eco Court, Latimer Way, Sherwood Energy Village, Ollerton, Nottinghamshire NG22 9QW. Equipment cannot usually be delivered but this

may be possible in individual situations either to the family or to a holiday/trip destination within about 20 miles of the Nottinghamshire border (eg. Center Parcs).

### British Red Cross

Short term loans of wheelchairs including some for children. Ring to check availability. Available from centres at:

*Humanity House, Colliers Way, Phoenix Park, Nottingham NG8 6AT*

Telephone 0115 8528029 (Mon & Thu 12.30–2.30pm, Tue 10–11.30am & 3–4.45pm, Wed 11am–2.30pm, Fri 9.30am–12.30pm)

*22A Tamworth Road, Long Eaton, Derbyshire NG10 1JJ*

Telephone 0115 9725900 (Tue, Fri 10am–1pm, Wed 11am–2pm)

*34-36 Heath Road, Ripley, Derbyshire DE5 3EN*

Telephone 01773 742108 (Mon & Fri 10am–1pm)

*Room 54, Clock Tower Business Cntr., Works Rd., Hollingwood, Chesterfield S43 2PE*

Telephone 01246 470571 (Tue–Thu 10am–1pm)

Equipment can also be requested online via [www.redcross.org.uk](http://www.redcross.org.uk) (choose *Where we work*, then *Northern England*, then *Derbyshire, Nottinghamshire and Cheshire* then *Mobility Aids*)

### NDCS (National Deaf Children's Society)

Freephone 0808 800 8880 (Mon–Thu 9.30am–9.30pm,  
Fri 9.30am–5pm)

Website [www.ndcs.org.uk](http://www.ndcs.org.uk)

Have a Technology Test Drive service which allows deaf children and their families to borrow a range of products to try in their own homes. Parents need to join the NDCS to benefit from the loan service and the advice available on hearing aids etc. but membership is currently (May 2016) free.

### Shopmobility

A scheme which lends manual or powered wheelchairs and scooters to people with disabilities to allow them to visit shops and leisure facilities within a town or shopping centre. There may be a small charge and opening hours vary from one scheme to another. There is likely to be a lower age limit for powered equipment loan and this may be 18 for some schemes. You need to register before using the schemes and an adult (parent/carer) should register for young people. Shopmobility currently operates in:

*Nottingham Broadmarsh Shopping Centre NG1 6AE* and

*Victoria Shopping Centre* 0115 915 3888

*Arnold Croft Road Car Park NG5 7DX* 0115 9661331 (may relocate—no date as yet)

*Beeston Cavendish Lodge, Devonshire Avenue, Beeston NG9 1BS* 0115 9173077

*Mansfield Walkden Street Car Park NG18 1QN* 01623 655222

*Retford Chancery Lane Car Park DN22 6EU* 01777 705432

*West Bridgford Behind the Public Library, Bridgford Rd NG2 6AT* 0115 9815451

*Worksop Priory Shopping Centre S80 1DG* 01909 479070

## Advice on finding choosing and adapting equipment

### Ability Net (computer technology)

Telephone 0800 269545 or 01926 312847  
 Email [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)  
 Website [www.abilitynet.org.uk](http://www.abilitynet.org.uk)

AbilityNet is a national charity helping adults and children with disabilities use computers and the internet by adapting and adjusting their computers. Free advice, online tools to help you adjust your computer or identify the type of equipment that will meet your needs. Free home visits may be available for some people. Disabled Students' Allowance Needs assessments for students/young people applying to university. Work place assessment services for employers.

### Aidis Trust (computer technology)

*Floor 8 Beckwith House, 1 Wellington Road North, Stockport SK4 1AF*

Telephone 0808 800 0009 (Mon–Fri 9am–5pm)  
 Website [www.aidis.org](http://www.aidis.org)

Aidis gives advice, assessment by phone and at training days. Free online training on special needs software and a range of communication apps. Website includes reviews of hardware and software, information about adaptations etc. Helpline also gives free advice on general computer issues.

### Disabilities Living Centre (general)

*Gateway House, Beechdale Road, Nottingham NG8 3EZ*

Telephone 0115 9855780  
 Email [info@dlcnotts.co.uk](mailto:info@dlcnotts.co.uk)  
 Website [www.dlcnotts.co.uk](http://www.dlcnotts.co.uk)

Free impartial information, advice and assessments for people with disabilities. Training events and exhibitions. Drop in information days once a month. Comprehensive range of equipment for people with disabilities on permanent display with information and brochures on many other items. Free service, make an appointment to visit. Information can be sent by post. Home visits possible within Nottingham City area. All ages. Manual wheelchair hire, RADAR keys for sale. Open Monday—Friday 9am–4pm.

### Disabled Living Foundation (general)

*4th Floor, Jessica House, Red Lion Square, 191 Wandsworth High Street, London SW18 4LS*

Helpline 0300 999 0004 (Mon–Fri 10am–4pm)  
 Email [info@dlf.org.uk](mailto:info@dlf.org.uk) and [helpline@dlf.org.uk](mailto:helpline@dlf.org.uk)  
 Websites [www.dlf.org.uk](http://www.dlf.org.uk) and [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)

Charity providing impartial information and advice on all types of products and equipment for children and adults with disabilities. Downloadable factsheets, online self assessment program to give you ideas about equipment and equipment demonstration centre. The Living Made Easy website has information on daily living equipment, sensory toys, car seats, clothing, feeding, communication and bathing equipment etc.

### Get Cycling

Website [www.getcycling.org.uk](http://www.getcycling.org.uk)  
 Email [admin@getcycling.org.uk](mailto:admin@getcycling.org.uk)  
 Telephone 01904 636812

Downloadable *Disability Cycles* guide. Follow link from the home page. Get Cycling is a community interest company aiming to promote cycling for everyone.

### My Sight Nottinghamshire (visual impairment)

*Ortzen Street, Radford, Nottingham NG7 4BN*

Telephone 0115 9706 806  
 Email [info@mysightnotts.org.uk](mailto:info@mysightnotts.org.uk)  
 Website [www.mysightnotts.org.uk](http://www.mysightnotts.org.uk)

Services include demonstrations of equipment at the office and also via a mobile service which visits venues across Nottinghamshire. Phone for an appointment for help with equipment or advice about computer technology, mobile phones etc.

### Rica

*Unit G03, The Wenlock Business Centre, 50–52 Wharf Road, London N1 7EU*

Telephone 020 74272460  
 Textphone 020 74272469  
 Email [mail@rica.org.uk](mailto:mail@rica.org.uk)  
 Website [www.rica.org.uk](http://www.rica.org.uk)

Free consumer guides giving independent unbiased information about products and services for people with disabilities. Includes guide on cars for families of disabled children.

### Apps

The National Autistic Society has a useful factsheet *Technology and Autism* at [www.autism.org.uk/technology](http://www.autism.org.uk/technology)

You can find out about apps for smartphones and iPads that might help your child from the national support groups for your child's condition (for example, Epilepsy Action and Diabetes UK both have apps) or from:

### Call Scotland

Website [www.callscotland.org.uk](http://www.callscotland.org.uk)

Information about iPad apps for children with dyslexia and for children with complex communication needs. Download the 'Wheels' which have links to the individual apps from the website (under *Downloads* then *Posters and Leaflets*)

### DART

Website [www.dart.ed.ac.uk](http://www.dart.ed.ac.uk)

Download the 'wheel' of autism apps which has clickable links to the individual apps from the website.

### Special Needs Apps

Website [www.friendshipcircle.org/apps/](http://www.friendshipcircle.org/apps/)

American site with database of reviewed apps for special needs. Although prices are in dollars you can check on iTunes for British prices.

## Exhibitions

### Kidz in the Middle

Website [www.disabledliving.co.uk](http://www.disabledliving.co.uk) (go to *Kidz Exhibitions*)

This exhibition of children's equipment is held every year usually in the Jaguar Exhibition Hall, Ricoh Arena in Coventry in March. Large number of exhibitors covering mobility, seating, beds, toys, sensory equipment, accessible vehicles, sports and leisure, education. Entry is free.

### Naidex

Website [www.naidex.co.uk](http://www.naidex.co.uk)

Annual exhibition at the NEC Birmingham of disability equipment including equipment for children. Late April/early May. Entry is free.

## Purchasing equipment

The organisations listed under *Finding, choosing...* above will have lists of suppliers.

### Action on Hearing Loss

9 Bakewell Road, Orton Southgate, Peterborough PE2 6XU (information office)

Freephone 0808 808 0123 Textphone 0808 808 9000 (free)

SMS 0780 0000 360

Shop 03330 144525 Textphone 03330 144530

Email for shop [solutions@hearingloss.org.uk](mailto:solutions@hearingloss.org.uk)

Website [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

Online shop sells products such as amplified phones, flashing doorbells, vibrating alarms etc.

### Anything Left Handed

PO Box 3149 Coulsdon CR5 9EG

Telephone 01737 888269 (10am–2pm week days)

Website [www.anythinglefthanded.co.uk](http://www.anythinglefthanded.co.uk)

Sells products for left handed people, including scissors, rulers etc, games to help children develop hand skills, left handed kitchen essentials. Information about sourcing left handed guitars and left handed golf clubs.

### Crelling Harnesses for Disabled Ltd

12 Crescent East, Thornton Cleveleys, Lancashire FY5 3LJ

Telephone 01253 852298

Email [info@crelling.com](mailto:info@crelling.com)

Website [www.crelling.com](http://www.crelling.com)

Designer and manufacturer of seatbelts and harnesses for children and adults with special needs. Also sell walking reins. Website includes links to legal requirements and guidelines.

### Crick Software

Crick House, Boarden Close, Moulton Park, Northampton NN3 6LF

Telephone 01604 671691

Email [info@cricksoft.com](mailto:info@cricksoft.com)

Website [www.cricksoft.com/uk](http://www.cricksoft.com/uk)

Computer software for reading and writing for all abilities (Clicker). All Clicker products are fully accessible with switches for those unable to use a mouse or keyboard. Software can incorporate communication symbols. Versions for school and home.

### Dycem Ltd

Ashley Trading Estate, Bristol BS2 9BB

Telephone 0117 9559921

Website [www.dycem-ns.com](http://www.dycem-ns.com)

Non slip mats to keep food bowls steady and reels of nonslip material. Also self adhesive strips to use with cutlery etc.

### Enuresis Resource and Information Centre (ERIC)

36 Old School House, Britannia Road, Bristol BS15 8DB

Sales/customer service 0117 3012100

Website [www.ericshop.org.uk](http://www.ericshop.org.uk)

Equipment to help with wetting and soiling e.g. mattress covers, alarms, absorbent pants, disposable nappies for teenagers and older children. Can buy online. For other details of ERIC's work see page 101.

### Fledglings

Wenden Court, Station Approach, Wendens Ambo, Saffron Walden CB11 4LB

Telephone 01799 541807 (Mon–Fri 9am–5pm)

Email [enquiries@fledglings.org.uk](mailto:enquiries@fledglings.org.uk)

Website [www.fledglings.org.uk](http://www.fledglings.org.uk)

Registered Charity which helps parents of children with disabilities to find appropriate affordable solutions to support their child's development/inclusion and to give relief to parents and other family carers. Brochure of specialist clothing, bedding, cups and cutlery, support cushions, toys, development aids etc. at affordable prices can be downloaded from website. Order by phone, email, letter.

### Good Designs

Telephone 07879 522993

Email [info@gooddesigns.eu](mailto:info@gooddesigns.eu)

Website [www.gooddesigns.eu](http://www.gooddesigns.eu)

Manufacture adjustable bicycle stabilizers for older children (suitable for riders up to 12 stone in weight and bicycles up to 28 inch wheel).

### In-car Safety Centre

16 Dunsby Road, Redmoor, Milton Keynes MK6 4AD

Telephone 01908 220909

Email [info@incarsafetycentre.co.uk](mailto:info@incarsafetycentre.co.uk)

Website [www.incarsafetycentre.co.uk](http://www.incarsafetycentre.co.uk)

Car seating for children with special needs, including seats for hip spica. Buckle guards, reins seatbelt, shoulder covers etc.

### Keytools Limited

2 Swangate, Charnham Park, Hungerford RG17 0YX

Telephone 0844 8792282

Email [keytools@hypertec.co.uk](mailto:keytools@hypertec.co.uk)

Website [www.keytools.co.uk](http://www.keytools.co.uk)

Assistive technology eg. special keyboards for children, switches for tablets, coloured overlays etc.

### **Peta (UK) Ltd**

*Charles House, Park Farm, Kelvedon Road, Inworth, Colchester CO5 9SH*

Telephone 01376 573 476 (Mon–Fri 9am–5pm)

Email [orders@peta-uk.com](mailto:orders@peta-uk.com)

Website [www.peta-uk.com](http://www.peta-uk.com)

The Easi-Grip range of adapted scissors including self-opening, long-loop, table-top etc. Books and work cards on developing children's scissor skills. Nail care products, kitchen utensils for people with reduced grip strength and control difficulties.

### **RNIB**

*PO Box 173, Peterborough, Cambridgeshire PE2 2XU*

Telephone 0303 123 9999

Website [shop.rnib.org.uk](http://shop.rnib.org.uk)

Online shop for products for people who are blind or visually impaired including a few toys and games.

## **Secondhand equipment**

### **Disability Equipment Register**

Telephone 01454 318818

Email [disabreg@blueyonder.co.uk](mailto:disabreg@blueyonder.co.uk)

Website [www.disabreg.pwp.blueyonder.co.uk](http://www.disabreg.pwp.blueyonder.co.uk)

Not for profit nationwide service to enable disabled people and their families to buy or sell used items of disability equipment. All ages.

### **Disabled Gear**

Email [info@disabledgear.com](mailto:info@disabledgear.com)

Website [disabledgear.com](http://disabledgear.com)

Free listings for selling disability equipment.

## **Custom made equipment**

### **MERU**

Telephone 01372 725203

Website [www.meru.org.uk](http://www.meru.org.uk)

MERU aims to improve life for children and young people with disabilities by designing custom-made specialist equipment when no ready-made solution exists to meet a child or young person's needs. MERU also has a range of ready made equipment for sale designed in response to requests from families and therapists including the TravelChair for journeys by air and the Bugzi powered indoor wheelchair for children aged 1–5.

### **Remap**

Telephone 01732 760209 (National contact)

Telephone

0115 9143537 Mr C Fossey (Nottinghamshire Panel)

Website

[www.remap.org.uk](http://www.remap.org.uk)

Charity with a national network of volunteers who can custom make unique pieces of equipment for people of any age with disabilities where nothing is commercially available.

## **Paying for equipment**

You may be able to get some funding from the Family Fund or Newlife Foundation (page 175). You can use the mobility component of your child's DLA to buy a powered wheelchair. For more information see *Motability* in the *Transport* section of this directory.

The following organisations may also be of help.

## **Charitable funding**

### **Action for Kids**

*Mary Ryan, Mobility Department, Action For Kids 15a Tottenham Lane, Hornsey London N8 9DJ*

Email [support@actionforkids.org](mailto:support@actionforkids.org) for more information.

Website [www.actionforkids.org](http://www.actionforkids.org)

Applications welcomed from or on behalf of any child or young person up to the age of 26 who has limited mobility or no mobility at all. The mobility aid or specialised equipment applied for should help them become more independent. Will consider supplying all kinds of mobility equipment not available on the NHS. This includes powered, manual or sports wheelchairs, walkers, trikes scooters and car seats etc. Powered wheelchairs are provided on a 'permanent loan' basis. This means that they remain the property of Action For Kids who will be responsible for maintenance and repairs.

### **Caudwell Children**

*Applications Department, Minton Hollins, Shelton Old Rd., Stoke on Trent, ST4 7RY*

Telephone 0845 3001348

Email [charity@caudwellchildren.com](mailto:charity@caudwellchildren.com)

Website [www.caudwellchildren.com](http://www.caudwellchildren.com)

Provides funding for specialized equipment, treatment and therapies. Child must be under 18 and family income less than £45,000 (June 2016). Caudwell may be able to suggest some alternative funders if they are unable to help.

### **Children Today Charitable Trust**

*17B Telford Court, Chestergates Business Park, Dunkirk, Chester CH1 6LT*

Telephone 01244 335622

Email [info@childrentoday.org.uk](mailto:info@childrentoday.org.uk)

Website [www.childrentoday.org.uk](http://www.childrentoday.org.uk)

Provides funding for specialized equipment (eg. electric wheelchairs, lifting equipment, sleep systems, car seats, trikes, educational toys) up to the age of 25.

### **Jonathan Young Memorial Trust**

*3 Hardwick Drive, Nottingham NG7 1EP*

Telephone 0115 947 0493

Website [jonathanyoungtrust.wordpress.com](http://jonathanyoungtrust.wordpress.com)

Makes grants to people with disabilities for purchase of computer equipment.  
Applications considered twice a year in October and April.

### **Mobility Trust**

*Mrs Anne Munn, Mobility Trust, 17b Reading Road, Pangbourne, Berkshire RG8 7LR*  
Charity providing powered wheelchairs and scooters for children with severe disabilities who cannot get the equipment through statutory sources (ie the council or NHS) and cannot afford to buy themselves. Write to the address above explaining what you need and giving information about your child's disabilities.

### **New Appeals Organisation**

*4 Rise Court, Hamilton Road, Sherwood Rise, Nottingham NG5 1EU*

Telephone 0115 9609644  
Email [enquiries@newappeals.org.uk](mailto:enquiries@newappeals.org.uk) [newappeals@gmail.com](mailto:newappeals@gmail.com)  
Website [www.newappeals.org](http://www.newappeals.org)

Funding for equipment for local children and adults with disabilities.

### **React (for children with terminal/life-limiting illnesses)**

*St Luke's House, 270 Sandycombe Road, Kew, Richmond, Surrey TW9 3NP*

Telephone 0208 940 2575  
Website [www.reactcharity.org](http://www.reactcharity.org)

For parents on a low income caring for children with life limiting illnesses. Help to pay for equipment not fully funded by the local authority, specialist toys, beds, chairs, car seats etc. and essential household items eg. washing machines. Aim to respond to applications very quickly.

### **Sequal Trust**

*3 Ploughman's Corner, Wharf Road, Ellesmere, Shropshire SY12 0EJ*

Telephone 01691 624 222  
Website [www.thesequaltrust.org.uk](http://www.thesequaltrust.org.uk)

Supplies adapted computers and communication aids to disabled people of all ages across the UK. You need to join as a member and Sequal can then fundraise for the equipment you need. They will ask your healthcare professional to complete an assessment form and recommend the equipment you need.

### **Variety**

*Variety House, 93 Bayham Street, London NW1 0AG*

Telephone 020 7428 8100  
Email [info@variety.org.uk](mailto:info@variety.org.uk)  
Website [www.variety.org.uk](http://www.variety.org.uk)

Funding for equipment such as wheelchairs (including powered and sports wheelchairs) for children and young people under 19 years of age. Does not fund trikes or buggies. Application forms and guidance can be downloaded. Other specialist equipment may be funded—check for details

### **Whizz-Kidz**

*4th Floor Portland House, Bressenden House, Bressenden Place, London SW1E 5BH*

Telephone 0207 233 6600

Email [info@whizz-kidz.org.uk](mailto:info@whizz-kidz.org.uk)  
Website [www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk)

Provides mobility equipment, powered, manual and recreational to children and young people up to the age of 18 years with permanent mobility/movement restriction. Also provides Ambassador clubs, wheelchair training courses around the country and life skills programmes eg. work experience for young people with disabilities. Whizz Kidz has occupational and physiotherapists to assess the individual child's needs in order to choose the most appropriate equipment. Families should talk to their occupational therapist/physiotherapist first to be sure the NHS or Children and Families services cannot provide the equipment.

## **Training**

(See also Whizz Kidz above)

### **Go Kids Go!**

*Toll Gavel Church Hall, Toll Gavel, Beverly, East Yorkshire HU17 9AA*

Telephone 01482 887163  
Website [www.go-kids-go.org.uk](http://www.go-kids-go.org.uk)

Charity which helps children who use wheelchairs to become independently mobile by providing free practical wheelchair skills training. Also provide wheelchair awareness training for schools to allow non-disabled children to be better informed and more understanding.

## **Dogs**

### **Dogs for Good (formerly Dogs for the Disabled)**

*The Frances Hay Centre, Blacklocks Hill, Banbury, OX17 2BS*

Telephone 01295 252600  
Email [info@dogsforgood.org](mailto:info@dogsforgood.org)  
Website [www.dogsforgood.org](http://www.dogsforgood.org)

Assistance Dog service trains dogs to help adults and children with physical disabilities and children with autism to lead more independent lives at home and in the community. PAWS Family Dog service provides workshops and on-going support for families with a child with autism who want a pet dog to help them overcome specific challenges. Community Dog Service trains and supports activity and therapy dogs and their specialist handlers to work in communities and schools. Registered charity. Lists currently (March 2016) closed to new applicants, dates of reopening will be on website.

## **Accessibility**

### **Disabledgo**

*Unit 7, Arlington Court, Arlington Business Park, Stevenage SG1 2FS*

Telephone 01438 842 710  
Email [enquiries@disabledgo.com](mailto:enquiries@disabledgo.com)  
Website [www.disabledgo.com](http://www.disabledgo.com)

National website providing detailed access guides to a variety of venues including restaurants, hotels, tourist attractions and universities etc.

**Changing Places Toilets**

Telephone 0207 6966019  
 Email [ChangingPlaces@mencap.org.uk](mailto:ChangingPlaces@mencap.org.uk)  
 Website [www.changing-places.org](http://www.changing-places.org)

These toilets have height adjustable adult sized changing benches, hoists, room for up to 2 carers, large waste bin for disposable pads, non slip floor, tear off paper roll to cover the bench and curtains for privacy. In June 2015 these were available at Greyhound Street, Nottingham; Bramcote, Djanogly, Harvey Hadden Sports Village, Ken Martin and Victoria Leisure Centres; Nottingham Contemporary and Nottingham Ice Centre; Bulwell Riverside; Mary Potter Centre; Forest Recreation Ground; Wollaton Park Courtyard; Rufford Country Park. Kings Mill Hospital (opens with a RADAR key, which you can borrow from main reception; City Hospital Nottingham (opens with RADAR key which you can borrow from Morris Ward); Victoria Shopping Centre Nottingham; Nottingham Railway Station; Queens Medical Centre (use RADAR key from main reception); East Midlands Airport; Worksop Library; St Marks Toilets Newark

The website lists Changing Places toilets nationwide.

**RADAR keys**

These allow you access to toilet facilities for people with disabilities across the country. You can purchase them from the organisations below. Prices are correct as at March 2016.

**Disability Nottinghamshire**

Telephone 01623 625891 (more details on page 255)  
 RADAR keys cost £3.50 (pick up from Mansfield office) or £5 if posted. You need to provide evidence of disability.

**Disabilities Living Centre**

Telephone 0115 9855780 (more details on page 186)  
 Sell RADAR keys at their office in Nottingham for £3.50

**Disability Rights UK**

Telephone 020 72508191 (Sales) (more details on page 198)  
 Website [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)  
 Sells RADAR keys for £5.40 and publishes the National Key Scheme Guide. You can also get toilet finder apps for iOS and Android.

**Clothing and footwear****Able2Wear**

53 Donaldson Street, Kirkintilloch, East Dunbartonshire, Scotland, G66 1XG

Telephone 0141 7753738  
 Website [www.able2wear.co.uk](http://www.able2wear.co.uk)

Wheelchair and adaptive clothing for all ages. Products for people with swollen feet and legs, waterproofs and fleeces for child wheelchair users and accessories including pushing gloves.

**Capr Style**

Telephone 07804 512186  
 Email [info@capr-style.com](mailto:info@capr-style.com)  
 Website [www.capr-style.com](http://www.capr-style.com)

Adaptive clothing for children with disabilities e.g. with opening for feeding tube.

**Cotton Comfort**

Cotton Comfort, PO Box 637, Wetherby Road, York, YO26 0DQ

Telephone 0844 2451168 (Mon–Fri 8am–8pm Sat–Sun 9am–6pm)  
 Email [enquiries@eczemacllothing.com](mailto:enquiries@eczemacllothing.com)  
 Website [www.eczemacllothing.com](http://www.eczemacllothing.com)

Organic cotton clothing for children and adults with eczema, allergies and sensitive skin.

**C-Pro Direct**

7A Enterprise Way, Edenbridge, Kent TN8 6HF

Telephone 01732 860158  
 Website [www.c-prodirect.co.uk](http://www.c-prodirect.co.uk)

Sells sleepwear and clothing for children with orthopaedic conditions affecting legs and feet. Socks to wear with ankle-foot orthoses, baby sleeping bags for children with club foot braces/ hip spicas/ lizarov frames etc.

**Disabled Living Foundation**

Helpline 0300 999 0004  
 Email [info@dlf.org.uk](mailto:info@dlf.org.uk)  
 Websites [www.dlf.org.uk](http://www.dlf.org.uk) and [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)  
 Impartial information and advice on clothing and footwear. Downloadable fact-sheets.

**Easy Belts**

Telephone 07886851122  
 Email [info@easybelts.co.uk](mailto:info@easybelts.co.uk)  
 Website [www.easybelts.co.uk](http://www.easybelts.co.uk)

Belts which are easy to manage for young children or those with disabilities.

**Fledglings**

Wenden Court, Station Approach, Wendens Ambo, Saffron Walden, CB11 4LB

Telephone 01799 541807  
 Email [enquiries@fledglings.org.uk](mailto:enquiries@fledglings.org.uk)  
 Website [www.fledglings.org.uk](http://www.fledglings.org.uk)

Fledglings is a charity which helps parents and carers of children with disabilities to find simple affordable solutions to practical problems. Free brochure of specialist products can be downloaded from website or ordered by telephone or email. Helpline service to assist where there are difficulties finding solutions. Products include absorbent pants, weighted blankets, body worn sleeping bags, orthopaedic shoes and sandals etc.

### Hearrings

Telephone 01823 336306  
Email [info@hearrings.co.uk](mailto:info@hearrings.co.uk)  
Website [www.hearrings.co.uk](http://www.hearrings.co.uk)  
Sell jewellery designed to accessorise hearing aids.

### Incy Wincy

9 Trafford Road, Reading RG1 8JP

Telephone 0844 875 4645/ 0118 9560295  
Email [info@incywincy.net](mailto:info@incywincy.net)  
Website [www.incywincy.net](http://www.incywincy.net)

Supply swim nappies for babies and for children and adults with special needs.

Incontinence swimwear for older children and adults. Sun protection swimwear, float jackets. Wetsuits for babies. Goggles, earplugs and ear bands, plaster protectors.

### Independent Footwear Retailers Association

PO Box 123, Banbury, Oxfordshire OX15 6WB

Telephone 01295 738726  
Email [ifra@shoeshop.org.uk](mailto:ifra@shoeshop.org.uk)  
Website [www.shoeshop.org.uk](http://www.shoeshop.org.uk)

Details of shops stocking large/small sizes and wide/narrow shoes.

### Odd Shoe Scheme

Clarks Customer Service 01458 899901

Operated by Clarks from all full price Clarks stores (but not discount outlets). Pay full price plus 25% for odd sized shoes (1 and a half size difference or more) for children or full price plus 50% for adults.

### Respond

1 The Carlton Business Centre, Carlton, Notts NG4 3AA

Telephone 0800 220300 or 0115 9403080  
Email [hello@respond.co.uk](mailto:hello@respond.co.uk)  
Website [www.respond.co.uk](http://www.respond.co.uk)

Swimwear for children with continence difficulties.

### PS Healthcare

Edward House, King Edward Street, Hucknall, Nottingham NG15 7JR

Telephone 0115 9681188  
Email [sales@pshealthcare.org.uk](mailto:sales@pshealthcare.org.uk)  
Website [www.pshealthcare.co.uk](http://www.pshealthcare.co.uk)

Upsey Daisy range of children's incontinence products, waterproof bedding and washable bed pads.

### Rackety's

122A, Wilford Grove, Nottingham NG2 2DU (no shop here)

Telephone 01538 361152  
Email [info@racketyts.com](mailto:info@racketyts.com)  
Website [www.disabled-clothing.co.uk](http://www.disabled-clothing.co.uk)

Clothing for children and young people with special needs, including vests with access for gastrostomy tubes/buttons, pyjamas with poppers and bibs. Outerwear and age appropriate bibs etc. for adults. Online shop.

### Seenin

Seenin Designs, Aydon, Corbridge, Northumberland NE45 5PL

Telephone 01434 634457  
Email [info@seenin.co.uk](mailto:info@seenin.co.uk)  
Website [www.seenin.co.uk](http://www.seenin.co.uk)

Clothing for children and adults with special needs including kerchiefs, seamless socks, socks to use with ankle-foot orthoses and extra large changing mats, swimsuits for continence issues.

### Sheerlines

Unit 15 Gainsborough Trading Estate, Rufford Rd, Stourbridge, West Midlands DY9 7ND

Telephone 01384 375600  
Email [sheerlines@enterprise.net](mailto:sheerlines@enterprise.net)  
Website [www.sheerlines.co.uk](http://www.sheerlines.co.uk)

Outdoor wear for wheelchair and powerchair users including children. Wheelchair rucksacks.

### Solemates

46 Gordon Road, Chingford, London E4 6BU

Telephone 0208 5242423

Provides a service for people with odd sized feet, to try and match them with a 'sole mate'.

For information send SAE to above address or ring on above number.

### Squeaky Shoes

A number of companies now sell 'squeaky' shoes which some parents have used to encourage visually impaired children to walk. The 'squeak' can usually be removed when quiet is needed and to prevent the child becoming too dependent on the sound.

## Transport

### General information

#### Gov.uk

Website [www.gov.uk/transport-disabled](http://www.gov.uk/transport-disabled)

Brief information on travelling by train, plane, taxi, car, bus or coach. Links to useful pages.

#### Disabled Travel Advice

Website [www.disabledtraveladvice.co.uk](http://www.disabledtraveladvice.co.uk)

Advice on transport and travelling for people with disabilities. Also information on holiday travel.

#### Disability Rights UK

Ground Floor, CAN Mezzanine, 49-51 East Road, London N1 6AH

Telephone 020 72508181 (office, not an advice line)

Email [enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)

Website [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

Specialist information service for disability issues. 'Taking Charge' their new handbook has a section on transport. Downloadable factsheets available include 'Doing Transport Differently 2011' and 'Get Motoring: finding and financing your car' (2012).

#### Transport for London

TFL Customer Services, 4th Floor, 14 Pier Walk, London, SE10 0ES

Telephone 0343 222 1234 (8am–8pm)

Textphone 0800 112 3456

Congestion charge enquiries 0343 222 2222

Email [tflaccessibility@tfl.gov.uk](mailto:tflaccessibility@tfl.gov.uk)

Website [www.tfl.gov.uk](http://www.tfl.gov.uk)

Information for people travelling around London. Covers buses, underground, river services etc. Online journey planner. Information on accessible travel, downloadable large print tube maps, audio tube maps, audible descriptions of stations etc. Guides and website are available in a range of languages. Guides for people with learning disabilities. Information on congestion charging discounts for Blue Badge holders and how to register for these.

#### Traveline

Website [www.traveline.info](http://www.traveline.info)

National service to help you plan your journey. Includes coaches, rail, ferries, airlines but currently no option on website to select access requirements although results may indicate whether transport is wheelchair accessible.

#### Family Fund

4 Alpha Court, Monks Cross Drive, York YO32 9WN

Telephone 01904 621115

May be able to help with general transport costs for a child with disabilities (except where the health or education services have a responsibility to cover the costs.)

## Cars

The Family Fund no longer provides grants for driving lessons for parents of children with disabilities.

### Driving

#### Derby DrivAbility

Can give advice for carers driving passengers with disabilities. See main entry on page 245 in *Transition* section of this directory).

#### Disabled Motoring UK

National Headquarters, Ashwellthorpe, Norwich, NR16 1EX

Telephone 01508 489449

Email [info@disabledmotoring.org](mailto:info@disabledmotoring.org)

Website [www.disabledmotoring.org](http://www.disabledmotoring.org)

Campaigning charity which represents the interests of Blue Badge holders and disabled motorists. Members receive a magazine and have access to advice and discounts.

#### Motability

City Gate House, 22 Southwark Bridge Road, London SE19HB

Telephone 0300 456 4566 (car scheme)

Minicom 0300 037 0100

Website: [www.motability.co.uk](http://www.motability.co.uk)

Sign Language video relay service from website.

National charity, which helps people with disabilities who are receiving the higher rate mobility component of DLA or the enhanced rate of mobility component of PIP to lease a new car, scooter or powered wheelchair every 3 years or a Wheelchair Accessible Vehicle every 5 years.

Some adaptations can be provided free when you start your lease. There is more information about adapting your car on the website and prices for different adaptations. Motability may also be able to provide limited assistance with the cost of advance payments for vehicles, the cost of some adaptations or the cost of a specialist driving assessment from their charitable funds. If you are a Motability Customer and you receive certain benefits or are in fulltime education or are an unpaid apprentice you may be able to get help with the cost of driving lessons.

Second hand Motability/adapted vehicles may be available through car dealers or auctions. You can get details of local Motability vehicle auctions from

#### British Car Auctions

Tamworth Road, Measham Swadlincote, Derbyshire, DE12 7DY

Telephone 01530 270322

Website [www.british-car-auctions.co.uk](http://www.british-car-auctions.co.uk)

Auctions of ex-Motability cars, are advertised on the website. Measham is the nearest centre which has Motability auctions at present (Mar 16)

There are several online car dealers specialising in adapted vehicles e.g.



**Mobility Nationwide**

Telephone 01824 707773  
 Website [www.wheelchairaccessiblevehicles.com](http://www.wheelchairaccessiblevehicles.com)

**Gowrings Mobility**

Telephone 01635 588942/0845 6088020  
 Website [www.gowringsmobility.co.uk](http://www.gowringsmobility.co.uk)

Adapted vehicles can be hired from Gowrings above and from other firms eg.

**Adapted Vehicle Hire**

Telephone 0845 257 1670  
 Website [www.adaptedvehiclehire.com](http://www.adaptedvehiclehire.com)

**Allied Mobility**

Freephone 0800 5879654 (rental)  
 0141 336 1618 (main office)  
 Website [www.alliedmobility.com](http://www.alliedmobility.com)

**Road tax (Vehicle Excise Duty)**

Parents or carers of children and young people receiving the higher rate mobility component of Disability Living Allowance or the enhanced mobility component of PIP can apply for exemption from road tax for one vehicle used only for the purpose of the child with disabilities. This means, for example, that having taken the child to school, a parent cannot then use the car to drive to work or visit a friend. This does not mean that the child must always be in the car when it is being used—the vehicle might be used to do their shopping or run errands for them. If a young person is on the standard rate of PIP they or their nominated driver can apply for a 50% reduction in road tax. Please note this is not available for children receiving lower rate of DLA mobility component.

For exemption you will need your child's Certificate of Entitlement to DLA or PIP and their National Insurance number if they have one to apply for the tax disc. You can do this online, by phone or post or at certain post offices.

For the 50% reduction the parent/carer (or the young person if they are driving their own car) needs to send the statement of entitlement (at the end of the PIP award letter), the vehicle registration certificate (V5C), a V10 form (download from [www.gov.uk](http://www.gov.uk)), an original MOT certificate (if vehicle needs one) and payment for 50% of the full rate of car tax for the vehicle to *DVLA Swansea SA99 1DZ*. There is information on [www.gov.uk](http://www.gov.uk).

**Insurance, alterations to vehicles, relief from VAT**

If you have your vehicle adapted to enable wheelchair-access, check that your insurance is still valid. If you buy, lease or hire a vehicle which has been 'permanently and substantially adapted' to accommodate a wheelchair user, you may not need to pay VAT. More details at [www.gov.uk](http://www.gov.uk) Try searching under *VAT relief on adapted vehicles*. The regulations are currently (March 2016) being reformed and this could affect you if you buy more than one adapted car within a 3 year period. Check on the website for the latest details.

**Parking/Blue Badges**

The Blue Badge Scheme provides parking concessions for people with certain mobility difficulties who travel either as drivers or passengers. To be automatically entitled to a badge, your child needs to be receiving the mobility component of Disability Living Allowance at the high rate or have 8 points or more under the 'moving around' activity of the mobility component of Personal Independence Payment. Children/young people who are registered blind will also be eligible.

It allows badge holders to park close to their destination, but the national concessions apply only to on-street parking. Parents of children under 3 can apply for a Blue Badge if they need to be accompanied by bulky medical equipment e.g. suction machines, oxygen, feed pumps, hip spica casts or they need to be near the vehicle at all times so that they can be treated quickly or driven to a place where they can be treated e.g. hospital. This could be because they have severe epilepsy, unstable diabetes, tracheostomies etc.

Only one Blue Badge can be issued for a child but it can be used in different cars provided the child with disabilities is in the car or it is being used to pick them up. The fee for the badge is £10 (June 2016) and the local authority will carry out independent assessments of applicants who do not have an automatic entitlement.

Contacts for more information or to apply for a badge are listed below. If your application is refused you can ask the local authority to reconsider and you can reapply if your child's condition becomes worse.

**Blue Badge Scheme (City)**

*Processing and Enforcement PO Box 10169, Nottingham NG1 9HS*

Telephone 0115 876 1499 (option 4)  
 Email [blue.badge@nottinghamcity.gov.uk](mailto:blue.badge@nottinghamcity.gov.uk)  
 Website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

Downloadable application forms or apply online (use A–Z index to find *Blue Badge Scheme*) or phone for a form.

**Blue Badge Scheme (County)**

*Blue Badge Team, Nottinghamshire County Council, Customer Service Centre PO Box 9320, Nottingham NG15 5BL*

Telephone 0300 500 8080  
 Websites [www.nottinghamshire.gov.uk/transport/parking/blue-badge-scheme](http://www.nottinghamshire.gov.uk/transport/parking/blue-badge-scheme)

Apply online. Ring number above for help with the form.

For general questions about the Blue Badge eg. toll concessions, use abroad, contact

**Blue Badge Initial Enquiry Support Service**

Telephone 0844 463 0213  
 Email [bluebadge@northgate-is.com](mailto:bluebadge@northgate-is.com)

If you really need to park in pedestrian areas/town centres you may be able to get a special permit if your child gets Disability Living Allowance Higher Rate mobility component. You can get an application form from:

**Special Access Permits (Nottinghamshire)***Central Processing Unit, PO Box 10282 Nottinghamshire NG17 0DX*

Telephone 0115 8040314

Website [www.nottinghamshire.gov.uk/transport/parking/special-access-schemes](http://www.nottinghamshire.gov.uk/transport/parking/special-access-schemes)

Special Access Permits issued by the county will not allow you to park in restricted areas in the city.

**Restricted Access Permits (Nottingham)***Processing and Enforcement PO Box 10169, Nottingham NG1 9HS*

Telephone 0115 876 1499 (option 4)

Website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (see Parking, Parking Permits)

These permits are only valid within the city boundary and allow you to park in certain city centre spaces between 10am and 4.30pm. (You can park at other times using a Blue Badge). You will need to explain which premises you need to visit and why you cannot use other city Blue Badge spaces.

The online *Rough Guide to Accessible Britain* has details of parking at various national tourist attractions. You can view this at [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk)

In Nottingham city if you have to park on the road outside your house and have a child with more severe physical disabilities you may be able to get a space marked outside your house. Contact your Neighbourhood Development Officer or your councillors. You can find them at [www.nottinghamcity.gov.uk/neighbourhoodteams](http://www.nottinghamcity.gov.uk/neighbourhoodteams) or under *Councillors* in the A–Z. If agreed, you will have to pay a charge for the space to be marked and police/traffic wardens will not take action if motorists ignore the marking.

**Seatbelts**

Wearing a seatbelt substantially reduces deaths and injuries, and airbags can also cause serious injury to passengers not wearing a seatbelt. The Road Traffic Act (1988) provides scope for exemption where it is inadvisable on medical grounds for someone to wear a seatbelt. If you think your child needs this exemption, you need to see your GP who can issue a *Certificate of Exemption from Compulsory Seat Belt Wearing* certificate if there are medical grounds. If the problem is that the seatbelt is uncomfortable for your child you should be able to get advice on adaptations/special harnesses from the organisations listed in the *Equipment* section of this directory.

**Transport for medical appointments**

If you are on a low income, you can get help with transport costs to your child's hospital appointments or other specialist medical appointments for which a GP, optician or dentist has referred you. If you receive child tax credit and your income is very low you should be sent an *NHS Tax Credit Exemption Certificate* which entitles you to a refund of your travel costs. If you are unsure whether you are eligible for a certificate ring 0300 330 1347. Your entitlement to travel expenses is not affected by whether or not you receive DLA mobility component. If you do not receive Child Tax Credits but you are on a low income check whether you are eligible for help via the *NHS Choices* website [www.nhs.uk/NHSEngland](http://www.nhs.uk/NHSEngland) under the *Health costs* section or ring 0300 330 1343. If you

receive Universal Credit which includes an element for a child you may be eligible for help with travel costs are—your earnings per calendar month need to be £935 or less (March 2016). More details on the website above.

If you don't have a car and public transport is not realistic with your child, ask when your appointment is made whether transport can be provided.

**Transport to school—see page 73.**

**Independent Travel Training****Independent Travel Training (Nottingham City)**Website [www.nottinghamcity.gov.uk/itt](http://www.nottinghamcity.gov.uk/itt)Email [itt@nottinghamcity.gov.uk](mailto:itt@nottinghamcity.gov.uk)

This scheme offers training to young people with Special Educational Needs to enable them to travel independently. The training is for children and young people from the age they attend secondary school up until the age of 25 and they can access this service if they are currently on specialist education transport provided by the Local Authority.

The travel training programme will provide a wide ranging package of support including coping with traffic and road safety, confidence in using buses, trams and trains, journey planning, personal safety and money skills. Young people can be referred by SEN Services, schools, colleges and careers advisors (Futures) via an online form on the website.

**Independent Travel Training (Nottinghamshire County)**

Telephone 0115 9773933

Website [www.nottinghamshire.gov.uk/itt](http://www.nottinghamshire.gov.uk/itt)

Independent Travel Training is for young people in Nottinghamshire who find it difficult to travel unassisted on public transport because of learning difficulties or physical disabilities. Young people join the scheme via their school or college and it is intended to help them gain an understanding of safe practice, be able to travel by themselves to school/college or work experience and have a better social life and better job prospects. ITT is tailored to a student's needs and circumstances and once established can be 'topped up' to take account of changes in routes or needs. Different schools arrange the training from different ages.

**Special transport schemes****Easylink (City only)**

Telephone 0115 9691801

Website [www.ct4nottingham.co.uk/easylink/](http://www.ct4nottingham.co.uk/easylink/)

Door-to-door transport for people who live in the city with temporary or permanent disabilities who find the main bus and tram network difficult to use. City scheme is available 8am–7pm Monday to Friday except bank holidays. Easylink will take you up to 10 miles from the city centre. Mobility Citycard holders are automatically registered as members of the Easylink scheme and Nottinghamshire county residents who live in the Greater Nottingham area and get a disability concessionary bus pass can also ring to confirm membership. Other people can register. A membership application form is available on the website.

## Community transport schemes

These local schemes supplement the public transport system by providing transport for social, shopping, and sometimes medical purposes etc. for people who are unable or find it very difficult to use public transport. They may be social car schemes with volunteer drivers, community buses covering routes to outlying areas or accessible minibus hire schemes. Some areas now have car scheme plus with wheelchair accessible vehicles. You usually need to register with a scheme before using it and there is normally a fee per mile. Details vary according to scheme. Parents or carers would normally need to accompany a child. Details of some schemes are included here for those with limited internet access.

Nottinghamshire County Council have a *Community and Accessible Transport* section on their website

[www.nottinghamshire.gov.uk/transport/community-accessible-transport](http://www.nottinghamshire.gov.uk/transport/community-accessible-transport) or check via [www.ctonline.org.uk](http://www.ctonline.org.uk)

### Schemes:

**Ashfield Voluntary Action** 0115 9637261 Car scheme or 01623 555551 Office

**CT4TC** (Bassetlaw and N Derbyshire) 01773 746652 Car scheme

**Eastwood** 01773 535255 car scheme and car scheme plus

**Gedling and Rushcliffe** 0115 9699060 [transport@rushcliffecvs.org.uk](mailto:transport@rushcliffecvs.org.uk)

**Our Centre** (Kirkby) 01623 753192 Car scheme, wheelchair accessible minibus hire, Ring and Ride-local scheme.

**Newark Door2Door** 01636 611220 [door2door@nandscvs.org](mailto:door2door@nandscvs.org) Car scheme and car scheme plus

**Newark and Sherwood Transport to Health** 01636 610773 (not available for those with an NG24 postcode). Transport to health facilities eg. GP or optician but not to hospitals.

**Ravenshead Community Transport** 01623 490888 wheelchair accessible mini coaches, timetabled community services, private hire

**Stapleford, Beeston & South Broxtowe** 0115 9491175 [transport@thehelpfulbureau.org.uk](mailto:transport@thehelpfulbureau.org.uk) Car scheme

**Tuxford & surrounding area** 01777 874919 Car scheme

## Trains

### National Rail Enquiries

Telephone 03457 48 49 50

Website [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

Search for a station and check steps, ramps, lifts etc. under the *Stations and on train* tab

### Contact details for train companies operating in Nottinghamshire

Phone numbers are for booking assistance, checking size of wheelchair spaces etc.

#### Cross Country Trains

Telephone 0344 8110125 (JourneyCare)

Textphone 0344 8110126

Website [www.crosscountrytrains.co.uk](http://www.crosscountrytrains.co.uk)

### Virgin Trains East Coast

Telephone 03457 225 225 (Assisted Travel Team)

Text Relay 18001 03457 225 225

Website [www.virgintrainseastcoast.com](http://www.virgintrainseastcoast.com)

Assistance can be booked by phone or online in advance and standard sized wheelchairs carried on trains. Wheelchair spaces, extra space for those with assistance dogs can be reserved.

### East Midland Trains

Telephone 03457 125678 (to request travel assistance)

Textphone 03457 078051

Email [getintouch@eastmidlandstrains.co.uk](mailto:getintouch@eastmidlandstrains.co.uk)

Website [www.eastmidlandstrains.co.uk](http://www.eastmidlandstrains.co.uk)

Staffed stations, and trains normally carry wheelchair ramps for easy access for standard wheelchairs. Powered chairs can be carried depending on their size. Contact in advance to arrange assistance with your journey, check there is space for your wheelchair etc. Parking spaces for people with disabilities at all station car parks.

### Hull Trains

Telephone 0800 316 1323 (to arrange assistance, free from landlines)

Typetalk 18001 0800 316 1323

Website [www.hulltrains.co.uk](http://www.hulltrains.co.uk)

Travel assistance can be booked in advance by phone or online (under *Contact Us*) and standard sized wheelchairs can be carried on all trains. Disabled toilets. Wheelchair spaces can be reserved.

### Northern Rail

Freephone 0808 1561606 (Disability assistance)

Textphone 0333 222 0126

Email [assistance@northernrail.org](mailto:assistance@northernrail.org)

Website [www.northernrail.org](http://www.northernrail.org)

Manual and powered wheelchairs can be carried, website has details on station accessibility.

## Railcards

### Disabled Persons Railcard

*Disabled Persons Railcard Office, P O Box 6631, Arbroath DD11 9AN*

Telephone 0345 6050525 (7am–10pm)

Textphone/minicom 0345 6010132

Email [disability@atoc.org](mailto:disability@atoc.org)

Website [www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

To apply for a card you must be receiving Disability Living Allowance middle or high rate care component or either rate of mobility component or PIP at any rate. Children aged 5–15 years may be eligible to buy a Disabled Persons Railcard, but will themselves pay the normal child's fare. However, an accompanying adult can travel at the discounted rate of a third off the adult fare. Adults can get a discount for a companion as well as themselves. Visually impaired adults can buy a season ticket which allows a companion to travel free. Railcards are not valid for use in any part of Ireland or on the Eurostar.

Children or adults who travel in their own wheelchair and do not use a train seat can get discounts on fares even if they do not have a railcard.

### Family and Friends Railcard

National Railcards, PO BOX 6616, Arbroath DD11 9AR

Website [www.familyandfriends-railcard.co.uk](http://www.familyandfriends-railcard.co.uk)

This card provides discounted rail travel for a family group. It costs £30 (March 2016) for 12 months. The family group must include at least one adult and one child aged 5–15 years. Up to 4 adults and 4 children (aged 5–15) can travel. You save a third off adult fares and 60% off children's fares. You can buy a card online, or at any staffed station, or by phone (0844 871 4036).

## Buses

Concessionary bus passes for people with disabilities are available from the city or county council. At present you can use the pass on local buses anywhere in England.

Disabilities includes visual and hearing impairment, significant learning disabilities as well as mobility difficulties.

### County

Download an application form from [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (search for concessionary travel pass) or pick up a form from a customer service point or your local library.

Phone 0300 500 80 80 for help with the form. The pass provides free travel and free tram travel 9.30am–11pm Mon–Fri, all day at weekends and public holidays.

### City

Write: City Card Team PO Box 10381 Nottingham NG5 0HJ

Drop in: Broadmarsh Travel Centre, Broadmarsh Bus Station, Canal Street Nottingham NG1 7LS 9am–5.45pm Mon–Sat

Telephone 0115 8762700

Website [www.citycardnottingham.co.uk](http://www.citycardnottingham.co.uk)

Mobility Citycards which give free bus and tram travel are available for permanent city residents with a qualifying disability. Children must be at least 5 years old to apply.

Download a form from the website and take it in person to the Broadmarsh Travel Centre with proof of age, address and entitlement to disability benefits. Applicants may be given an appointment with an independent assessor—this should be done within 2 weeks.

All Nottingham City Transport and Trent Barton buses are low floor. Most have wheelchair spaces and audio announcements. Mobility scooters can be taken onto the bus but you need a permit—contact 0115 9506070 for more details.

## Coaches

### National Express

Helpline 03717818181 (for assisted travel)

Website [www.nationalexpress.com](http://www.nationalexpress.com)

National Express Disabled Coachcard entitles people with a disability up to one third off standard adult fares throughout the UK. It costs £10 plus £2 p&p a year. Most coaches now have a passenger lift and drivers can help with luggage.

## Trams

### Nottingham Express Transit

Telephone 0115 942 7777

Email [info@thetram.net](mailto:info@thetram.net)

Website [www.thetram.net](http://www.thetram.net)

Trams have low floors throughout, double doors with white visibility strips and warning sounds and dedicated wheelchair spaces with priority seats for those less able to stand. Also help and stop request buttons. Timetables available in Braille/large print. Guide dogs and assist dogs welcome. There are disabled parking spaces at the park and ride facilities close to the tram stops. Platforms are level with the pavement or ramped, trams have audio announcements and conductors trained to provide assistance. Trams run from Clifton, Hucknall and Toton Lane (Stapleford) areas into the city centre.

## Taxis

Taxis and audible private hire vehicles must carry guide dogs and other assistance dogs trained by certain approved organisations free of charge. Dogs should remain on the floor and under control and wear harnesses or identification jackets. Many taxi firms now have some wheelchair accessible vehicles, in both city and county. Accessible taxi companies are listed on [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

## Flights

Manchester Airport produces *Airport Awareness* guides to help prepare a child with autism for their flight. You can download them from [www.manchesterairport.co.uk](http://www.manchesterairport.co.uk) (search for autism). There are videos specific to each terminal for children with autism and their parents. If you contact the airport in advance and provide proof (eg. Disability Living Allowance letter) that your child has autism, the airport can provide you with a wristband which ensures your family is fast tracked through security. Most airports have a 'special assistance' section on their website explaining what support is on offer for travellers with disabilities. Airlines also have information on their websites about flying with oxygen/medical equipment/medication etc.

If you are flying with a guide dog or assistance dog there is guidance at [www.guidedogs.org.uk](http://www.guidedogs.org.uk) (under *Services, Guide Dog Services, Assistance Dog Travel Guide*) and there is information on the *Pet Travel* section on [www.gov.uk](http://www.gov.uk)

### Tryb4uFly

Telephone 020 8770 1151

Website [www.tryb4uFly.org.uk](http://www.tryb4uFly.org.uk)

Offers cabin assessments by trained occupational therapists, information about flying with a disability and hire equipment to make the journey easier. Charges for assessments which can take place in Surrey or Leeds. Booking forms on the website. Covers adults and children.

## Transition: leaving school, moving to adult services

Many of the services and organisations listed in other sections of this directory will continue to be used during the transition stage and beyond.

## Resources, local groups and services to help young people at transition, their parents and carers

### APTCOO: A Voice To Call Our Own

Unit 15 Botany Park, Botany Avenue, Mansfield, Notts. NG18 5NF

Telephone 01623 629902

Email [mike.holmes@aptcoo.org](mailto:mike.holmes@aptcoo.org)

Website [www.aptcoo.co.uk/services/a-voice-to-call-our-own.html](http://www.aptcoo.co.uk/services/a-voice-to-call-our-own.html)

This group supports young people aged 14–25 years of age, to become more independent and able to make informed choices and decisions. They are able to learn about healthy lifestyles, personal budgets, planning for the future and independent living skills. For more information see website.

### Nottingham Mencap Gener8 Transitions Group

Harpden House, Edwards Lane, Sherwood, Nottingham NG5 3JA

Telephone 0115 9209524

For young people aged 16–24 years, with learning disabilities. Every 2nd Saturday and 4th Sunday of the month, 10 am–3pm. Includes sessions on travel training, baking and cooking, personal hygiene, money skills, IT, gardening. Contact for more details including cost.

### Progress: positive transition planning for young adults with additional needs

Online magazine including information and advice for young people aged 13–25, who have additional needs, to help them make informed decisions about their education, employment, social life, holidays, housing etc. From July 2016, the magazine will be available on the website My Family Our Needs: [www.myfamilyourneeds.co.uk](http://www.myfamilyourneeds.co.uk) which will include a 'lifestyle' area and link to a parent forum. There will also be a Facebook page.

### The Transition Information Network

Website [www.transitioninfonetwork.org.uk/](http://www.transitioninfonetwork.org.uk/)

Online information, publications and resources—including a magazine *My Future Choices*—for young people, parents, carers and staff.

### Transitions Peer Support Group (The Carers Federation)

Telephone 0115 962 9369

Email [c.o'brien@carersfederation.co.uk](mailto:c.o'brien@carersfederation.co.uk)

Monthly group supporting parents/carers of young people aged 16–19 years in the city, who are moving to adult services. The group meets at the *Carers Federation, Christopher Cargill House, 21-23 Pelham Road, Nottingham NG5 1AP*. Contact for more information or to register your interest.

### Young Carers Transitions Project (The Carers Federation)

The Carers Federation, 1 Beech Avenue, Sherwood Rise, Nottingham NG7 7LJ

Telephone 0115 9629335

Email [n.sykes@carersfederation.co.uk](mailto:n.sykes@carersfederation.co.uk)

Website [www.carersfederation.co.uk/services/mentoring/transitions-project/](http://www.carersfederation.co.uk/services/mentoring/transitions-project/)

Training programme for young carers (15–18 years) to support them as they move into adult services. Opportunity to work with volunteer mentors who can help them achieve personal goals. Help to develop coping strategies, manage money, focus on their own needs etc. For young carers in Nottingham city, Rushcliffe, Gedling or Broxtowe

### Transition planning

A programme about preparing for adult life should be included in the school curriculum, tailored to the requirements of children with Special Educational Needs (SEN) and disabilities.

Some pupils with SEN will have an Education, Health and Care (EHC) Plan, which will last until they are 25 years of age, provided their needs do not change and they continue in further education or training. This might include staying on at school, going to a college of further education, doing an apprenticeship, or a programme of training and work experience. When their Plan is reviewed in Year 9 at age 13/14 it should focus on what they want to achieve in adult life—including further education, employment, independent living, relationships, staying healthy—and the support they will need to succeed.

Some pupils will still have a statement of SEN, but before they move from school to a post-16 education setting or apprenticeship, the local authority must transfer them to an EHC Plan, provided their needs have not changed.

Young people with SEN, who have never had a statement, may need an EHC Plan to help them finish their education or training. These young people, or their parents, can ask for an EHC needs assessment at any time up to their 25th birthday, to see if an EHC Plan is required. (see "Asking for an Assessment for a Plan" on page 77). An Independent Supporter can help them through this process. Contact:

### Ask Us Nottinghamshire (formerly Parent Partnership Service)

County Hall, West Bridgford, Nottinghamshire NG2 7QP

Telephone 0115 8041740

Email [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)

### Futures: advice, skills and employment

Nottingham: *Careers Centre, 57 Maid Marian Way, Nottingham NG1 6GE*

Telephone 0115 9601597

Mansfield or Ashfield (appointment only): *27 Albert Street, Mansfield, Nottinghamshire NG18 1EA*

Telephone 01623 657582

Email [independentsupporters@futuresadvice.co.uk](mailto:independentsupporters@futuresadvice.co.uk)

Once young people are over 16 and no longer of compulsory school age, if able they can make decisions in their own right about the support they receive. This includes asking for an EHC needs assessment (if an EHC Plan is not already in place) and taking control of their EHC Plan. This does not mean that parents no longer have a say on these issues—many young people will still want and need their parents' support to make decisions.

## Further Education

Mainstream colleges must support students with SEN, (whether they have an EHC Plan or not) doing everything they can to identify their needs and put support in place. This might include the provision of adapted materials (eg large print, coloured paper), assistive technology, note-takers, one-to-one support, small group learning sessions etc. There should be a named person at the college, overseeing support for students with SEN. Students who need more help than the college can provide may need an EHC needs assessment and an EHC Plan.

### 16–19 Bursary Fund

This is funding to help with education-related costs for those aged 16 to 19 who are:

- studying at school or college (not university)
- on a training course, including unpaid work experience

The funding is for young people, their education or training provider, to use to pay for things like:

- clothing, books and other equipment for their course
- transport and lunch on days they study or train

Depending on their circumstances and the benefits they receive, young people with a disability may qualify for a Bursary Fund as a “vulnerable student”. They should apply to their school, college (Student Services) or training provider.

### Disabled Students Helpline (Disability Rights UK)

Free helpline 0800 328 5050 (Tues 11.30–13.30 & Thurs 13.30–15.30)  
 Email [students@disabilityrightsuk.org](mailto:students@disabilityrightsuk.org)  
 Website [www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline](http://www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline)

Advice and support for disabled people over 16 who are studying or wish to study, at any level on full-time or part-time education or training courses. Support is also available for parents/carers or professionals working with disabled students.

## Colleges of Further Education

### Bilborough College

*College Way, Nottingham NG8 4DQ*

Telephone 0115 8515000  
 Email [enquiries@bilborough.ac.uk](mailto:enquiries@bilborough.ac.uk)  
 Website [www.bilborough.ac.uk](http://www.bilborough.ac.uk)

Bilborough is an academic sixth form college focusing on A-level courses for students 16–19 years old. The building has good access for students with physical disabilities. Additional Support is available for students who have SEN.

**Note:** Central and New Colleges are merging from August 2016.

### Central College Nottingham

Telephone 0115 9146414  
 Email [enquiries@centralnottingham.ac.uk](mailto:enquiries@centralnottingham.ac.uk)  
 Website [www.centralnottingham.ac.uk](http://www.centralnottingham.ac.uk)

A further education college based on sites across the city, including New Basford, Beeston, Clifton, Highfields (University Boulevard), Nottingham City, Ruddington,

Stapleford, Trent Bridge. Offers a range of further and higher education courses and training opportunities, for work in business and industry. The college works with individuals and employers to identify opportunities for apprenticeships. Additional Learning Support is available and specialist teams support in the following areas: Autistic Spectrum, Deaf Access, Physical and Medical, Visual Impairment

### New College Nottingham

Telephone 0115 9100 100  
 Email [enquiries@ncn.ac.uk](mailto:enquiries@ncn.ac.uk)  
 Website [www.ncn.ac.uk](http://www.ncn.ac.uk)

A further education college, with campuses in Nottingham City, Basford and Hucknall. Includes courses specifically designed for students with learning disabilities. Additional learning and support is available for students with disabilities, medical conditions, mental health issues. The ‘Business to Business’ specialist team links individuals to employers via Apprenticeships and other training courses.

### North Nottinghamshire College

*Carlton Road, Worksop, Nottingham S81 7HP*

Telephone 01909 504504  
 Email [contact@nnc.ac.uk](mailto:contact@nnc.ac.uk)  
 Website [www.nnc.ac.uk](http://www.nnc.ac.uk)

A further education college providing courses including Apprenticeships, Business Studies, Catering, Childcare, Computing etc. Additional Support is available as needed, tailored to a student’s individual needs. Contact the Additional Support Learning Team on 01909 504753

### Sutton Community Academy (Adult & Community Learning)

*High Pavement, Sutton-in-Ashfield, Nottinghamshire NG17 1EE*

Telephone 01623 441310 / 442173  
 Email [adult.office@suttonacademy.atrust.org.uk](mailto:adult.office@suttonacademy.atrust.org.uk)  
 Website [www.suttonacademy.atrust.org.uk/adult/](http://www.suttonacademy.atrust.org.uk/adult/)

Inclusive learning opportunities including courses in Construction, English, Maths and Science, IT and Skills for Independent Living

### Vision West Nottinghamshire College

Telephone 0808 100 3626 (Enquiries)  
 Email [enquiries@wnc.ac.uk](mailto:enquiries@wnc.ac.uk)  
 Website [www.wnc.ac.uk](http://www.wnc.ac.uk)

Centres in Mansfield and Sutton in Ashfield areas. Additional learning support available based on assessment of needs. Courses available include A-levels, Apprenticeships, Business, Building and Construction, Engineering, Health and Social Care.

## National Specialist Colleges

### The Association of National Specialist Colleges (Natspec)

Website [www.natspec.org.uk](http://www.natspec.org.uk)

Specialist colleges give young people with a learning difficulty or disability the chance to become more independent and to learn in an exciting environment with personal support. The website includes a College Directory and College Finder to show where each college

is located and how they can support your son or daughter. College websites and admissions teams can also help you to understand what each college offers

To request a Natspec directory please contact:

Telephone 0121 428 5050  
Email [allformats@qac.ac.uk](mailto:allformats@qac.ac.uk)

### Some of the National Specialist Colleges based in the East Midlands:

#### Landmarks Specialist College

*Littlemoor House, Littlemoor, Eckington, Sheffield S21 4EF*

Telephone 01246 433788  
Email [info@landmarks.ac.uk](mailto:info@landmarks.ac.uk)  
Website [www.landmarks.ac.uk](http://www.landmarks.ac.uk)

Full-time day provision for students aged 16–25 years, who have learning disabilities, autistic spectrum disorders or behavioural difficulties. Students are enabled to develop their independence, work-related and social development skills. Programmes are offered in a range of subjects including animal care and traditional arts and crafts. Work experience placements, community trips and visits are arranged. Specialist support includes speech and language therapy, occupational therapy, dyslexia support and expertise in challenging behaviour.

#### Portland College

*Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ*

Telephone 01623 499111  
Email [college@portland.ac.uk](mailto:college@portland.ac.uk)  
Website [www.portland.ac.uk](http://www.portland.ac.uk)

A national college for students over 16 years of age, with a wide range of disabilities. Residential and day programmes are available. The curriculum includes courses in English, Maths, ICT, Sport, Media, Horticulture. Work experience placements are arranged as appropriate. Specialist Support includes communication, physiotherapy, occupational therapy, care and nursing, behaviour support.

#### RNIB College, Loughborough

*Radmoor Road, Loughborough, Leicestershire LE11 3BS*

Telephone 01509 611077  
Website [www.rnibcollege.ac.uk](http://www.rnibcollege.ac.uk) (contact form available on the website)

Residential and day provision for students aged 16–24 who have sight loss, learning difficulties, Asperger's Syndrome, autism, communication problems and physical disabilities. Students are supported in accessing education, work, the community and independent living. They each have an individual learning plan and their progress is regularly monitored to ensure they achieve their potential. The College has purpose built facilities and accommodation suitable for all including wheelchair users.

## Higher Education

Note that Education Health and Care Plans do not apply to universities, but they still have a duty to identify students who need additional support, and to put that support in place. Contact individual universities for details.

### Disabled Students' Allowances (DSAs)

Higher education students can apply for DSAs if they are eligible and have a long-term health condition, mental health condition or specific learning difficulty eg. dyslexia. Eligibility depends on individual need and not on income. Following a "needs assessment" students may get help with the costs of specialist equipment, non-medical helpers, extra travel which is needed because of their disability or other disability-related costs of studying. The allowance does not need to be repaid and is paid either into their bank account or directly to the organisation providing the service or equipment.

For more details about DSAs see:

[www.gov.uk/disabled-students-allowances-dsas/overview](http://www.gov.uk/disabled-students-allowances-dsas/overview)

and for information about the 'needs assessment', see:

<https://www.abilitynet.org.uk/assessment/dsainfo>

## Apprenticeships

Apprenticeships combine practical training in a job, with study. (See *Colleges of Further Education* above for apprenticeship training courses). Apprentices work alongside experienced staff, gain job-specific skills, earn a wage and get holiday pay, and study towards a related qualification. Apprenticeships take 1 to 4 years to complete depending on their level. Applicants must be 16 or over and not in full-time education. You can search and apply for an apprenticeship at:

Apprenticeship helpline 0800 015 0400 or 0247 682 6482  
Email [nationalhelpdesk@apprenticeships.gov.uk](mailto:nationalhelpdesk@apprenticeships.gov.uk)  
Website [www.gov.uk/apprenticeships-guide](http://www.gov.uk/apprenticeships-guide)

If a young person has had little or no work experience and feels they are not ready for an apprenticeship, a **traineeship** is a course designed to help prepare them. Young people aged 16–24 years of age will get help with Maths and English if they need it, and a work experience placement. This can last for up to 6 months. They will not be paid, but may get expenses. For more information:

Telephone 0800 015 0400  
Website <https://www.gov.uk/find-traineeship>

## Employment

Note that an EHC Plan no longer applies when a young person gets a job. For information about looking for work, see

[www.gov.uk/looking-for-work-if-disabled](http://www.gov.uk/looking-for-work-if-disabled)

and

[www.nhs.uk/Livewell/Disability/Pages/Disabilityandwork.aspx](http://www.nhs.uk/Livewell/Disability/Pages/Disabilityandwork.aspx)

**Access to Work Grant**

*Operational Support Unit, Harrow Jobcentre Plus, Mail Handling Site A, Wolverhampton WV98 1JE*

Telephone 0345 268 8489 Textphone 0345 608 8753

Email [atwsu.london@dwg.gsi.gov.uk](mailto:atwsu.london@dwg.gsi.gov.uk)

Website [www.gov.uk/access-to-work/overview](http://www.gov.uk/access-to-work/overview)

If a young person's disability or health condition would affect their ability to do a job, or mean that they had to pay work-related costs, they may be able to apply for an Access to Work grant. The grant can pay for practical support to help them start working and stay in work. It does not cover voluntary work. Applicants must be 16 or over, and the amount awarded would depend on their circumstances. The money would not have to be paid back and would not affect their other benefits. However, they may not qualify if they receive the following benefits: Employment and Support Allowance, Income Support or National Insurance Credits. The money could pay for things like special or adapted equipment, fares to work if they cannot use public transport, a support worker, or a communicator at a job interview.

**Disability Employment Advisers**

Disability Employment Advisers at local Jobcentres can help young people to find a job or gain new skills. They can also arrange an 'employment assessment', to find out about skills and experience and what kind of work a young person is interested in. To find your local Jobcentre see [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)

**Disability Rights UK**

National organisation providing online factsheets on careers, education, skills and employment:

Website [www.disabilityrightsuk.org/how-we-can-help/education-skills-and-employment](http://www.disabilityrightsuk.org/how-we-can-help/education-skills-and-employment)

**Futures: advice, skills and employment**

Careers guidance and support with looking for a job. Regional Offices:

*Nottingham: Careers Centre, 57 Maid Marian Way, Nottingham NG1 6GE*

Telephone 0115 960 1597

Provide a Targeted Transitions Service in the city, for students aged 13–19 years, who have an Education, Health and Care Plan, to help them with transition from school to possible learning or training opportunities.

Open Monday to Friday 10am–4pm. Call or just drop in.

*Mansfield or Ashfield (appointment only): 27 Albert Street, Mansfield, Nottinghamshire NG18 1EA*

Telephone 01623 657582

Email [info@futuresadvice.co.uk](mailto:info@futuresadvice.co.uk)

Website [www.futuresnn.co.uk](http://www.futuresnn.co.uk)

**iRemploy**

Online employment services and support providing advice and guidance on getting and staying in a job.

Website [www.remploy.co.uk/en/individuals/](http://www.remploy.co.uk/en/individuals/)

**iWork**

Telephone

07833 0457322

Website

[www.nottinghamshire.gov.uk/living/jobs/support-and-advice/employment-and-disability/](http://www.nottinghamshire.gov.uk/living/jobs/support-and-advice/employment-and-disability/)

The iWork team supports young people living in the county, who have a learning disability, to get a job. They work with local businesses to match applicants' skills, interests and qualifications, with appropriate work placements, and continue to provide ongoing training and support to help the employee to stay in work.

**Positive about Disabled People Symbol**

The symbol (with 2 ticks) on job adverts means that the employer is committed to employing disabled people, and a disabled person is guaranteed an interview if they meet the basic requirements for the job

**Some of the local services providing employment and training for people with disabilities****Aptcoo eXtra's Learn Work and Earn Centre**

*79 Sandy Lane, Ravensdale, Nottinghamshire NG18 2LT.*

Telephone

01623 629902

Email

[enquiries@aptcoo.org](mailto:enquiries@aptcoo.org)

Provides training for students who have special educational needs and are not currently in education, employment or training. Working in partnership with education, industry and business to educate, train and enable young people to move successfully into paid employment. Every Wednesday between 4pm and 6pm an EFAST (Epic Friends and Support Team) session is delivered at this venue. This group is for young people who are experiencing difficulties related to their emotional health, education and well being. Every Wednesday from 7–9pm a session called *Moving On—Moving Up* (MOMU) is delivered here. This session is targeted at young people aged 16+ to help them gain practical skills in a fun, engaging and accessible way.

**Brooke Farm**

*Brooke Farm, Main Street, Linby, Nottingham NG15 8AE*

Telephone

0115 9632638

Website

[www.nottinghamshire.gov.uk/living/business/servicesyoucanbuyfromus/brooke-farm/](http://www.nottinghamshire.gov.uk/living/business/servicesyoucanbuyfromus/brooke-farm/)

Provides employment and training for people with learning disabilities. Everyone is supported according to individual needs and offered a wide range of opportunities to improve their life and social skills, as well as being trained in practical horticultural subjects.

**Inspire Nottingham**

*ICC, 61b Mansfield Road, Nottingham NG1 3FB.*

Telephone

0115 847 5757

Email

[enquiries@inspire-nottingham.org.uk](mailto:enquiries@inspire-nottingham.org.uk)

Website

[www.inspire-nottingham.org.uk](http://www.inspire-nottingham.org.uk)

'Moving On' and work preparation programmes from which young people can progress to volunteering or work experience.



**LIFE (Learning in a Fun Environment) project***24 Main Street, Bulwell NG6 8QL .*

Telephone 0115 975 7712

A not-for-profit Community Interest Company (CIC) for adults aged 19 years and over, with learning disabilities from across Nottinghamshire. Helping them to develop skills in independent living, money management, travel, gardening, cookery, IT etc.

**Nottingham Mencap***Harpden House, 203 Edwards Lane, Nottingham NG5 3JA*

Telephone 0115 920 9524

Courses for young people aged 16 years and over, teaching life and work skills. Contact for more information including cost.

**Pulp Friction****Ice Cream Tricycle**

Train and employ people with learning disabilities helping them to gain work experience.

Website [www.pulpfrictiontricycle.org](http://www.pulpfrictiontricycle.org)**Smoothie Bar Project**

Provides volunteering opportunities for young people with learning disabilities, to develop work-readiness, social and independence skills by taking pedal powered smoothie bars to different community events—schools, youth clubs, playschemes, community festivals etc. Members work at their own pace in a fun, friendly and supportive environment.

Telephone 07794 676398

Email [pulpfrictionsmoothiebarproject@yahoo.co.uk](mailto:pulpfrictionsmoothiebarproject@yahoo.co.uk)Website <http://pulpfrictionsmoothies.org.uk/contact-us/>**Remploy***2nd Floor, Chiltern House, 25-7 Castle Gate, Nottingham NG1 7AR*

Telephone 0300 456 8023

Email [nottingham.branch@remploy.co.uk](mailto:nottingham.branch@remploy.co.uk)Website [www.remploy.co.uk](http://www.remploy.co.uk)

Remploy are disability employment specialists. Provide support tailored to the needs of the individual, improving their skills and helping applicants towards work, linking with local employers.

**Rumbles Community Cafes***Vicar Water Country Park, Mansfield Road, Clipstone, Notts. NG21 9AA*

Telephone 01623 424836

*Sutton Lawn Pleasure Ground, Station Road, Sutton in Ashfield, Notts. NG17 5FU*

Telephone 01623 556657

*Sconce and Devon Park, Boundary Road, Newark, Notts. NG24 4QN*

Telephone 01636 681331

Provides training opportunities and work experience for people with learning disabilities in North Nottinghamshire and Derbyshire. The Community Cafés offer an inclusive environment where learners can develop personal, vocational and social skills. Students can also progress to recognised professional NVQ courses in Customer Services and Hospitality.

**Rumbletums Café***2a, Victoria Street, Kimberley, Nottinghamshire NG16 2NH*

Telephone 0115 938 4953

Email [rumbletumscafe@btconnect.com](mailto:rumbletumscafe@btconnect.com)Facebook [facebook.com/rumbletums](https://facebook.com/rumbletums)Website [www.rumbletums.org.uk](http://www.rumbletums.org.uk)

A supported training and work experience project for young people aged 16–30, with a learning disability, some of whom may also have an additional physical disability. Opportunities include working in a range of catering, hospitality and customer services roles, helping young people to gain confidence and life skills such as communication, cash handling, time management and cooking.

**Sam's Workplace***37 Preston Road, Rainworth, Nottinghamshire NG21 0BA*

Telephone 07432 247 105

Email [samsworkplace@mail.com](mailto:samsworkplace@mail.com)

Community café and sweet shop providing work experience placements for young people with learning disabilities. Placements are funded through their Personal Budget. Training is provided so they can learn skills which will transfer to their home environment or future employment.

**Skills for Employment Team (Nottinghamshire County Council)***Myplace@ Westfield Folkhouse, Mansfield, Nottinghamshire NG18 1TL*

Telephone 01623 476830

Email [skills.for.employment@nottsc.gov.uk](mailto:skills.for.employment@nottsc.gov.uk)

Help to prepare young people (aged 16-24) for employment, by providing training in such areas as customer service, team work, ICT, communication, literacy and numeracy. This is followed by a long term supported work placement. Attendance at the course counts as full time education, for the purposes of benefits.

**Stonebridge City Farm***Stonebridge Road, St Anns, Nottingham NG3 2FR*

Telephone 0115 9505113

Email [info@stonebridgecityfarm.com](mailto:info@stonebridgecityfarm.com)Website [www.stonebridgecityfarm.com](http://www.stonebridgecityfarm.com)

Supported placement programme over one or more days each week, for adults with disabilities. General tasks offered include work on the farm, garden areas, café, shop, office, cleaning and maintenance. There is a charge for this. Please contact for more information.

**Work Choice**

Work Choice can help young people who have a disability to get a job and continue in work. Depending on their needs and if they are eligible, young people can be given training to develop their skills and build their confidence. Disability Employment Advisors can help young people to access this support. In Nottinghamshire Work Choice is provided by the Shaw Trust: [www.shaw-trust.org.uk/home](http://www.shaw-trust.org.uk/home)

## Health Services

When young people with special educational needs (SEN) who have an Education Health and Care (EHC) Plan are moving into adult health services, the local authority and health services must work together to make sure that both the EHC Plan and the care plan for the treatment and management of their health are in line with each other. An EHC Plan can only remain in place if a young person has SEN and stays in education or training. If a young person leaves education, their health or social care needs alone are not enough for an EHC Plan to continue. Health and social care needs will still be managed by the health service and local authority social services department, however.

In many cases the same health services, such as your GP, will still be used. However, some young people who have regularly seen a paediatrician (child health doctor) may be referred to a hospital consultant depending on their needs. Others may continue to receive help from children's health services beyond their 18th birthday. For example, community paediatricians usually continue medical follow up of a young person in a special school until they leave school, which may be after their 19th birthday.

A Patient Information leaflet *Transition: Moving into Adult Care: Information for Young People and their Family* is available on the Nottingham University Hospitals NHS Trust website [www.nuh.nhs.uk](http://www.nuh.nhs.uk). It explains that transition is a gradual process that gives the young person and everyone involved in their care time to discuss what healthcare needs they will have as an adult and prepare them for the move to adult services. They suggest that young people may wish to discuss the following questions:

- What is the plan for my transition?
- What is different about the adult service?
- Can I meet the adult staff before I leave children's services?
- Can I visit the adult service to look around?
- Are there any young people I can talk to about moving to adult services?
- How will my condition affect my future?

## Annual Health Check and GP Register of Learning Disability

Adults and young people with learning disabilities may have health conditions that could go undetected. Young people with special educational needs and disabilities should be included on their GP's register of learning disability, to ensure they receive appropriate support and that any existing health conditions are diagnosed and treated. They will be called automatically for a free annual health check at their GP practice, from the age of 14 where they may also be given advice on healthy eating, exercise, contraception or support to stop smoking. Details of their health needs may be written down in a Health Action Plan, kept by the GP for reference and reviewed regularly

## Consent for medical examinations or treatment

Young people (aged 16 or 17) are presumed to have sufficient capacity to decide on their own medical treatment, unless there is significant evidence to suggest otherwise. People aged 16 or over are entitled to consent to their own treatment, and this can only be overruled in exceptional circumstances. If a young person refuses treatment, and by doing this may risk their death or a severe permanent injury, their decision can be overruled by the Court of Protection. This is the legal body that oversees the operation of the Mental

Capacity Act (2005). (see *The Law* in this section). The parents of a young person who has refused treatment may consent for them, but it is usually thought best to go through the courts in such situations.

## Local services supporting transition to adult health services

### Epilepsy and Intellectual (Learning) Disability Specialist Service,

*Fern House, Highbury Hospital, Bulwell, Nottingham NG6 9DR*

Telephone 0115 854 2248

Support for transition to this adult epilepsy team for those with learning disabilities in Nottinghamshire. The nurses provide an integrated service with the Neurology Departments at Nottingham University Hospitals and Kings Mill Hospital, providing weekly outpatient appointments and community visits where necessary.

### Nottingham Audiology Services

*Children's Hearing Assessment Centre, 1st Floor Ropewalk House, 113 The Ropewalk, Nottingham NG1 5DU*

Telephone 0115 948 5591 or 948 5547

Email [chacropewalk@nuh.nhs.uk](mailto:chacropewalk@nuh.nhs.uk)

Website [www.nuh.nhs.uk/our-services/services/audiology/our-services/transition/](http://www.nuh.nhs.uk/our-services/services/audiology/our-services/transition/)

Provides a Transition Service for hearing aid users between the ages of 16 and 25, offering support as they transfer to adult services. Advice is provided on higher education, help in the work place, assistive listening devices, funding and other issues. They aim to empower the young person to become more independent and take control of their own health and decision making. The service is run by a team of specialist audiologists with extensive experience of working with hearing aids and modern hearing aid technology.

### Primary Care Liaison Team (Learning Disabilities)

A team of learning disability nurses, supporting people with learning disabilities and their carers to understand, maintain and improve physical and mental health. They work with services to improve access and reduce barriers to help people with learning disabilities negotiate their way around the health service. The team works with GPs to ensure that individuals have an annual health check (see above) and develop their Health Action Plan. For more information contact:

Nottinghamshire Central Referral Line 01636 652620

Newark and Sherwood 01636 652500

Nottinghamshire East 0115 8830629

Nottinghamshire West 0115 8835049

Mansfield and Ashfield 01623 672183/4

### Primary Care Liaison Team (Learning Disabilities)—City

Support adults (over 18) in Nottingham City to access primary care services, and support young people over 14 through their transition to adult services, if they are registered with a Nottingham City GP. The team ensures that individuals have access to an Annual Health Check and can understand and develop their Health Action Plan. Self-referral or referral via GP or other professional.

Telephone 0115 8834859

**Senior Nurse Special Education (Transition),***Park House Health and Social Care Centre, 61 Burton Road, Carlton, Nottm. NG4 3DQ*

Telephone 0798 058 4314

Covers some of the special schools, to support pupils at the transition stage.

**Social Care**

If a young person is likely to have social care needs when they turn 18, the local authority must carry out a Care and Support Assessment in advance. (see section on *The Law: Care Act 2014*) This will help the young person to understand whether they (and their carer, where relevant), are likely to be eligible for care and support, a personal budget (see *Personal Budgets* in this section) the services that might be available to them and to help them plan ahead. The local authority may combine this assessment with other assessments being carried out, such as healthcare, provided everyone agrees. It is important that the young person is involved in assessments and planning for their future. If this may be difficult and there is no one to speak for them, the council must provide an independent advocate (see *Advocacy Services* in this section). Where a young person is remaining in education or training, these assessments could potentially become part of an Education, Health and Care plan.

To arrange a social care and support assessment contact:

**Nottinghamshire County Council**

Telephone 0300 500 80 80

Website [www.nottinghamshire.gov.uk/thecouncil/contact/](http://www.nottinghamshire.gov.uk/thecouncil/contact/)**The City Council Nottingham Health and Care Point**

Telephone 0300 300 33 33

Email [adult.contactteam@nottinghamcity.gov.uk](mailto:adult.contactteam@nottinghamcity.gov.uk)**Support services for young people and adults with learning disabilities****Community Learning Disability Teams (CLDTs)**

These are joint health and social care teams responsible for addressing social care needs. CLDTs include a range of professionals including community learning disability nurses, social workers, welfare rights officers, physiotherapists, occupational therapists, speech and language therapists and clinical psychologists. Their role is to provide a seamless, needs-led service to eligible young people and adults with a learning disability, living in the community. This might include help with where a young person will live, money, what they will do day-to-day, leisure activities and health needs. A transition service for young people aged 16–18 years is available to help young people to plan for their future. The teams also support carers. There are 9 CLDTs that cover the whole of the city and county with the following bases:

**Ashfield CLDT**, 68 Portland Street, Kirkby in Ashfield NG17 7AG 0115 956 0882**Bassetlaw CLDT**, The Library, Memorial Avenue, Worksop S80 2BP 01909 535360**Broxtowe CLDT**, Prospect House, Padge Rd., Beeston NG9 2JR 0115 917 5818 (Admin)**Gedling CLDT**, Sir John Robinson Way, Arnold NG5 6DB 0115 854 6230 (Admin)**Mansfield CLDT**, 2nd Floor, Meadow House, Littleworth, Mansfield NG18 2TB

0115 8041245

**Newark CLDT**, Byron House, Newark Hospital, Boundary Road, Newark NG24 4DE

0115 8760150

**Nottingham North CLDT**, Bulwell Riverside, Main Street, Bulwell, Nottm. NG6 8QJ

0115 883 8588

**Nottingham South CLDT**, Clifton Cornerstone, Southchurch Drive, Nottm. NG11 8EW

0115 878 6270

**Rushcliffe CLDT**, West Bridgford House, Loughborough Rd., West Bridgford NG2 7UN

0115 923 0300

The numbers above are correct in June 2016, but if you have difficulty getting in touch please ring

**County** 0300 500 80 80 (Mon–Fri 8am–8pm, Sat 8am–12 noon)**City** 0300 300 33 33 (Adult Health & Social Care Teams)**Support services for young people and adults with physical disabilities and/or sensory impairments**

Young people will need to undergo an assessment of their needs to find out which services they are eligible to receive, or how they might access alternative help and support. To arrange an assessment please contact:

**County** 0300 500 80 80 (Mon–Fri 8am–8pm, Sat 8am–12 noon)

Minicom 01623 434 993

Email [enquiries@nottsccl.gov.uk](mailto:enquiries@nottsccl.gov.uk)**City** 0300 300 33 33 (Adult Health & Social Care Teams)

Following assessment young people who are eligible could receive support at home eg. provision of equipment to help with everyday living. Support for carers may also be provided, following assessment of their needs.

The **Deaf Service** (Nottingham City) provides support and equipment to people of all ages.

The **Dual Sensory Service** (Nottingham City) provides services to children and adults who experience difficulty with both their vision and hearing. Supports people to enable them to carry out everyday activities such as independent travel and preparing meals, and provides access to other services, advice and information. Young people can refer to this service, or be referred by family or professional staff.

The **Visual Impairment Service** (Nottingham City) offers care to children and adults with a visual impairment. Users are supported to carry out many daily living activities in the home and in their local community as well as learning and developing new skills. The service also provides access to other services, advice and information. Young people will need an assessment to identify the kind of support they need.

The **Adult Deaf and Visual Impairment Service** (ADVIS) (County) provides specialist support to people who are deaf/hearing impaired, blind/visually impaired or dual sensory impaired. The service provides information, advice and support in the community, communication support, specialist equipment and help with everyday living skills.

**Registration of Visual Impairment**

Registering with social services as being visually impaired may enable a young person to claim some concessions, such as a half-price television licence, help with NHS costs, leisure discounts and cheaper public transport. The concessions they are entitled to depend on the severity of their visual impairment. Registration can also make it easier for them to claim some benefits as it confirms sight loss and helps as evidence when claiming. To be registered as severely sight impaired/blind or sight impaired/partially sighted their GP needs to refer them to the consultant ophthalmologist at the Eye Clinic in their local hospital. A copy of the certificate is sent to the adult health and social care teams for registration purposes. The team will then get in touch with the young person, to give them information about their services. Note that if young people are not registered as visually impaired, they are still entitled to access social care services.

**Support services for young people and adults with autistic spectrum disorders, their families and carers****Services provided by Autism East Midlands**

Telephone 01909 506 678

Note that to access most services, a professional referral, assessment of the young person's needs and means of funding will be necessary.

**Day Services** [www.autismeastmidlands.org.uk/day-services](http://www.autismeastmidlands.org.uk/day-services)

Activities based on the needs, interests and abilities of the individual. Helping to develop their confidence and independence.

**Play and Leisure Services** [www.autismeastmidlands.org.uk/activities-children-and-young-people-autism](http://www.autismeastmidlands.org.uk/activities-children-and-young-people-autism)

Day trips, residential trips, many other activities. See leaflet on the website for more information

**Residential Service** [www.autismeastmidlands.org.uk/residential-services](http://www.autismeastmidlands.org.uk/residential-services)

Providing a "home from home" family environment where residents can learn skills to help develop confidence and independence. An application form is available on the website

**Supported Living and Outreach Service** [www.autismeastmidlands.org.uk/supported-living-and-outreach](http://www.autismeastmidlands.org.uk/supported-living-and-outreach)

Supported Living helps people with autism to live as independently as possible in their own home. The Outreach Service provides support for individuals in the community or at home, enabling them to take part in leisure activities, gain daily living skills and in some cases to undertake supported employment. An application form is available to download from the website.

**Nottingham City Asperger Service**

*Nottingham City Asperger Service, c/o Department of Learning Disabilities, Highbury Hospital, Highbury Road, Bulwell Nottingham NG6 9DR*

Telephone 0115 854 2207

Website [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk) (enter *Nottingham City Asperger Service* in the Search Box)

A range of health professionals provide support for adults (from the age of 18 years) who have a diagnosis (or suspected diagnosis) of an autistic spectrum disorder, and do not have an additional learning disability. Adults must live in the city or have a city GP. Contact for further information including how a referral can be made.

**Nottinghamshire: Adults with Asperger's Team**

Telephone referrals 0300 500 80 80 (Mon–Fri 8.30am–5pm,  
Sat 8.30am–12noon)

Email [enquiries@nottscs.gov.uk](mailto:enquiries@nottscs.gov.uk)

Website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (under *Care* then *Adult social care* then *Mental health and wellbeing*)

A team of social care professionals, supporting adults (aged 18 and above) in Notts. who have an autistic spectrum disorder and do not have an additional learning disability, their families and carers. The team offer advice about getting a diagnosis, community care assessments, and help adults make the best use of their personal budget.

**Autism Alert Card**

Cards are available for purchase from the National Autistic Society [www.autism.org.uk](http://www.autism.org.uk). They can be carried by a person who has autism and used in situations where communication may be difficult. The information on the card tells people about the condition and asks them to show respect and tolerance. They can be particularly useful if a person who has autism comes into contact with criminal justice professionals, such as police officers, magistrates and solicitors.

**Support for young people and adults with ADHD, and their carers****Support group for adults with ADHD (and their carers)**

Email [suesmith.n@talktalk.net](mailto:suesmith.n@talktalk.net)

Nottingham based group for individuals aged 16+, their carers and partners. They meet on the third Monday of the month between 7–9pm at The Tiger Boe Centre, 7 Clarendon Street, Nottingham NG1 5HS. Provides an opportunity to meet with others, discuss problems and look at ways in which they might be solved. Occasionally there are speakers on topics such as money management and coping strategies.

**Advocacy Services****National Youth Advocacy Service (NYAS)**

See page 181 in the main *Law* section of this directory

**Your Voice, Your Choice**

Telephone 0300 456 2370 (Monday to Friday) Minicom 0300 456 2364

Email [yourvoiceyourchoice@pohwer.net](mailto:yourvoiceyourchoice@pohwer.net) or [pohwer@pohwer.net](mailto:pohwer@pohwer.net)  
Text 81025 (send your name and number)

Skype [pohwer.advocacy](https://pohwer.advocacy)

Website [www.pohwer.net](http://www.pohwer.net)

Free independent and confidential service, for young people over 18, providing access to information and advocacy services in Nottingham and Nottinghamshire. Advocates can attend meetings with a young person if required, for example where a young person is undergoing a care assessment. Information can be provided in a range of formats, they have access to translation and interpreting services and use communication toolkits, Makaton and other signing techniques.

## Counselling for young people

### Base 51

29-31 Castle Gate, Nottingham NG1 7AR.

Telephone 0115 952 5040

Email [info@base51.org.uk](mailto:info@base51.org.uk)

Website [www.base51.org.uk/support/counselling/](http://www.base51.org.uk/support/counselling/)

Provides free counseling for young people age 12–25 years, who may be feeling isolated, being bullied, need help to manage their feelings (including anger) or have other anxieties or problems they wish to talk through. A referral form is available to download from the website. Drop-in counselling sessions also available. For details check the website.

### CASY (Counselling and Support for Young People)

16 London Rd, Newark-on-Trent, Nottinghamshire NG24 1TW

Telephone 01636 704 620

Email [office@easy.org.uk](mailto:office@easy.org.uk)

Website [www.casy.org.uk](http://www.casy.org.uk) (Contact form also available on the website)

Provides free counselling for children and young people aged 6–25 in Nottinghamshire and Lincolnshire.

### KOOTH.COM

Telephone 0845 330 7090 (general office)

07715 906 131 (Locality manager)

Website [www.kooth.com](http://www.kooth.com)

Free face-to-face (in the community) and online support (including chat rooms, messaging, message board forums) for young people aged 10–24 years in Nottingham city. Professionals can refer young people at [www.kooth.com/nottscity](http://www.kooth.com/nottscity).

### Talkzone

Centre Place, Abbey Street Community Centre, Abbey Street, Worksop, Notts. S80 2LA

Website [www.centreplace.org.uk/](http://www.centreplace.org.uk/)

Talkzone offers free counselling in safe, confidential environments across Bassetlaw to young people aged 16–25 living there. Referral via doctor, support worker or self-referral. To make a referral, call Talkzone on 01909 530943 or The Centre Place on 01909 479191 or text your details to 07530 252177, or email [info@centreplace.org.uk](mailto:info@centreplace.org.uk)

## Day services

Day services provide opportunities to meet others and get involved in social activities in a supportive environment. They support users to access education, employment and training and provide information about other support which may be available. Young people need to have undergone an assessment to show that they are eligible and been allocated a personal budget. To arrange an assessment contact:

**County:** 0300 500 80 80 or via [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

**City:** 0300 300 33 33 (Health and Care Point) or [adult.contactteam@nottinghamcity.gov.uk](mailto:adult.contactteam@nottinghamcity.gov.uk)

The County Council has a list of approved day services, but if service users have taken their personal budget as a direct payment, they can attend others. For example there are some listed on Nottinghamshire Help Yourself website:

[www.nottshelpyourself.org.uk/](http://www.nottshelpyourself.org.uk/) (Search day services).

The City Council runs day services to support a range of needs including physical and sensory impairments and learning disabilities, see:

[www.nottinghamcity.gov.uk/dayservices](http://www.nottinghamcity.gov.uk/dayservices)

Day services in the city and county are also listed at <http://choosemysupport.org.uk/>

Autism East Midlands also provides day services, see previous section: *Support services for young people and adults with autistic spectrum disorders, their families and carers*

## Equipment and adaptations

See also *Equipment* section of this directory

### Support from Nottingham City Council

Equipment is available to adults who have disabilities to help with activities such as cooking and eating, bathing, getting dressed and toileting. Equipment tends to be provided on a long term loan basis and is free of charge. Small adaptations in the home may be provided based on an assessment of need. For any major adaptations a charge may apply. Contact the Care Support Advisors 0300 300 3333 for further information, and to arrange a home visit and assessment of the young person's equipment needs. The Adult Sensory Team provides communication equipment and flashing light/vibrating equipment to alert deaf people to everyday occurrences like the doorbell, a smoke alarm or telephone call.

### Support from Nottinghamshire County Council

Telephone 0300 500 80 80 (Mon–Fri 8am–8pm, Sat 8am–12 noon)

Minicom 01623 434993

Website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

Contact as above to discuss the young person's needs which could be helped with specialist equipment or small adaptation, and to arrange a Care and Support assessment. This will determine whether or not they are eligible for support and how it can be arranged. The Adult Deaf and Visual Impairment Service can supply and advise on equipment for people who have a hearing and/or visual impairment.

### Disabled Facilities Grant

Young people may be eligible for a Disabled Facilities Grant towards the cost of major adaptations such as:

- Widening doors and installing ramps
- Improving access to rooms—eg by installing a stairlift or a downstairs bathroom
- Adapting heating or lighting controls to make them easier to use

They will need to have a Care and Support Assessment and an occupational therapist will arrange a visit to see what work is needed and whether the young person is eligible to receive funding. The grant is means tested and the assessment will decide how much, if anything they may need to contribute towards the cost of the adaptations. If the young person is a council tenant, adaptations will be free of charge.

City: Telephone 0300 300 3333 (ask to speak to an Occupational Therapy Service Advisor)  
 County: Telephone 0300 500 80 80 (Mon– Fri 8am–8pm, Sat 8am–12 noon)

### VAT exemption

People with disabilities do not have to pay VAT on equipment that has been designed solely for them, or which has been adapted for their use. They will also not be charged VAT on certain services, including building work to adapt their home. For more information see [www.gov.uk](http://www.gov.uk) and enter *VAT relief on certain goods* in the search box to locate a helpsheet *Getting certain goods VAT free if you have a disability* or contact:

Telephone 0300 123 1073 (Mon–Fri 8am to 5pm)  
 Post: *HM Revenue and Customs, VAT Disabled and Elderly Reliefs Correspondence*  
*S0708 PO Box 205 Bootle L69 9AZ*

### Financial help

We have done our best to give accurate and up to date information in this section: however it is not written by qualified benefits advisors and we cannot guarantee complete accuracy. For more information see [www.gov.uk](http://www.gov.uk) and [www.disabilityrightsuk.org/](http://www.disabilityrightsuk.org/)

As a parent or carer you can claim benefits on behalf of your child until they reach the age of 16. From the September after your child's 16th birthday, you will only be able to get payments for them as a dependent if they are in full-time education or on an approved training course. Once your child reaches 16 they may be able to claim certain benefits in their own right. This could have an impact on your household income, because certain benefits will reduce if your child is no longer classed as a dependent. For information on how your benefits might be affected, contact a specialist benefits advisor (for example at a Citizens Advice Bureau or Contact a Family's freephone helpline 0808 808 3555 or one of the services on pages 177–179).

In some cases young people with disabilities will not be able to manage their own benefit payments and will need an appointee, usually their parent or carer, to help them. To become an appointee contact the Department for Work and Pensions (DWP) and they will arrange a home visit.

### Personal Independence Payment

Personal Independence Payment (PIP) is the new benefit that has replaced Disability Living Allowance (DLA) for adults (aged 16–64) with a disability. Like DLA, PIP is not means tested. The following information is taken from [www.nhs.uk](http://www.nhs.uk) and [www.gov.uk](http://www.gov.uk)

To qualify for PIP, a young person must have needed help with extra costs caused by a health condition or disability for three months or more (although a claim can be made sooner than this) and they must be likely to need help for the next nine months. They must have been in Great Britain for at least two of the last three years, and be habitually resident in the UK. They have to be in the UK when they claim (exceptions are made to this, such as the armed forces). They must not be subject to immigration control (unless they are a sponsored immigrant). There are some exceptions to these conditions and Citizens Advice has more information.

To make their claim, they should telephone 0800 917 2222 (textphone 0800 917 7777) Mon–Fri 8am–6pm, to register their details and complete a claim form requiring their:

- contact details and date of birth
- National Insurance number
- bank or building society details
- doctor's or health worker's name
- details of any time they've spent abroad or in hospital

Someone else can call on their behalf, but they will need to be there when the call is made. They can also write asking for a form to send the above information by post (but this can delay the decision on their claim).

*Personal Independence Payment New Claims, Post Handling Site B, Wolverhampton WV99 1AH*

They will be sent the "How your disability affects you" form. On the form they should include any supporting evidence they have, including details of their doctor or other health professional who is best placed to offer advice about their condition. Most people will have to attend a face-to-face consultation with a health professional working on behalf of DWP, as part of their claim.

PIP is paid as two separate components: a daily living component (if this is awarded, a carer may be able to claim Carer's Allowance if they meet the criteria) and a mobility component (those getting the enhanced rate of the mobility component can use the Motability scheme). The daily living and mobility components can each be paid at the standard rate or the enhanced rate, depending on the young person's needs.

Eligibility for PIP is based on how a young person's condition affects their ability to carry out certain activities which are necessary for independent living. It takes into account the difficulties they face and the help they would need to carry out these activities, which include:

- preparing food, eating and drinking
- managing treatment
- washing and bathing, managing toileting needs, dressing and undressing
- communicating verbally, reading, mixing with other people
- making decisions about money

Their eligibility to receive PIP for mobility is determined by their ability to move around, and to plan for and undertake a journey.

Everyone will have a varying level of ability to carry out the activities outlined above. Some people will be able to complete an activity without help, while others may not be able to complete the activity at all. For each activity, a point score is decided based on this level of ability and need (scores increase as needs increase).

The PIP assessment also takes into account where support is needed from other people to carry out an activity. This can include supervision (to stop accidents happening), prompting (to remind or encourage them to carry out the activity, but not physically help) and assistance (where a carer needs to be physically present to do an activity).

The standard rate of the PIP component is paid if a person has a total score from 8 to 11 points (inclusive). The enhanced rate of the PIP component is paid if a person has a score of 12 points. If a young person is eligible for PIP, this decision will be reviewed from time to time to make sure it is still correct and continues to meet their needs. Getting PIP may help in accessing other benefits and entitlements, and Contact a Family (0808 808 3555) can provide advice about individual circumstances. If a young person is not eligi-

ble, or they are unhappy with their PIP claim in some other way, they may want to ask for the decision to be reconsidered. If they are not satisfied with the response after this, they may wish to appeal the decision.

### Claiming PIP if a young person is terminally ill

PIP claims from people who have a terminal illness and are not expected to live for more than six months are dealt with more quickly. They will not be required to attend a face-to-face consultation, or to fulfil the three-month qualifying period for claiming PIP. If the basic conditions are met, both the daily living and the mobility component of PIP will be paid straight away. A DS1500 medical report (available from their doctor, nurse, social worker or palliative care nurse) will help to support the claim. As PIP is claimed by phone, it is important that the DS1500 has the patient's date of birth, postcode and, if possible, National Insurance number on it.

### PIP claims if circumstances change

If a young person is getting PIP, it is their responsibility to tell the Department for Work and Pensions (DWP) if their circumstances change because this can affect how much they get.

They will need to tell the DWP if the level of help they need changes, their condition changes or they go into hospital for more than four weeks. PIP is not usually paid for over 18s if they are in hospital when they claim, but will be paid when they leave.

However, it may be paid if they are a private patient and they are paying without help from the NHS, or if they are in a hospice because they are terminally ill.

If they go abroad for more than four weeks, they must get agreement from the DWP for PIP to continue before they go. It is possible to continue to get PIP if they go abroad for 13 weeks or less, or go abroad temporarily to get treatment for their disability.

DWP 0845 850 3322 (textphone 0845 601 6677)

### Employment and Support Allowance (ESA)

More detailed information about this allowance—eligibility, what they may get, the types of ESA and how to claim—is available at [www.gov.uk](http://www.gov.uk) (enter *ESA* in the search box).

Note that income-supported ESA is being replaced by Universal Credit as it is introduced (see below)

The allowance offers financial support if young people are unable to work and personal help so that they can work if they are able to. They can apply for ESA if they are employed, self-employed or unemployed, not in receipt of job seekers' allowance, or a student on Disability Living Allowance or Personal Independence Payment.

They must have a Work Capability Assessment while their ESA claim is being assessed. This is to see to what extent their illness or disability affects their ability to work. They will then be placed in one of 2 groups if they are entitled to ESA:

- Work-related activity group, where they will have regular interviews with an adviser who can help with things like job goals and improving their skills.
- Support group, in which they do not have to go to interviews, but they can ask to talk to a personal adviser. They are usually in this group if their disability severely limits what they can do.

The quickest way to apply for ESA is by phone.

Telephone

0800 055 6688 (Mon–Fri 8am to 6pm)

Textphone

0800 023 4888

They can also fill in and print out the ESA1 form available at [www.gov.uk](http://www.gov.uk) (enter *ESA1* in the search box) and send or take it to their local Jobcentre Plus office.

### Help with health costs

Young people under 19 and in full-time education, can get free NHS prescriptions, NHS dental treatment, NHS sight tests, and may get help with fares to hospital if they meet the criteria. Those in receipt of certain benefits may also qualify for some help. For information see: [www.nhsbsa.nhs.uk/792.aspx](http://www.nhsbsa.nhs.uk/792.aspx)

### Universal Credit

Universal credit is being introduced in different areas of the country, in stages and is available in some areas of Nottinghamshire. Details of when it will be possible to claim in your area and more information about this benefit, are available at [www.gov.uk](http://www.gov.uk) (enter *Universal Credit* in the search box). Universal Credit will replace child tax credit, housing benefit, income-related employment and support allowance, income-based jobseeker's allowance, income support and working tax credit. Young people may be able to claim if they are 18 or over, on a low income or out of work, and meet other criteria. Claim online at [www.gov.uk](http://www.gov.uk) or by telephone:

Universal Credit Helpline 0345 600 0723 Textphone 0345 600 0743

### Working Tax Credit

Working Tax Credit will be replaced by Universal Credit as it is introduced (see above). Working Tax Credit can be claimed by a young disabled person (16 years upwards) if they are in paid work for at least 16 hours a week and their income is below a certain level. They will need to satisfy a disability test and be in receipt of a 'qualifying benefit', such as Personal Independence Payment. How much they get will depend on their circumstances. To get a claim form telephone

Tax Credit Office 0345 300 3900 (8am to 8pm Mon–Fri, 8am–4pm Sat)

Textphone 0345 300 3909

For more details and to order a claim form online, see [www.gov.uk](http://www.gov.uk) (enter *Working Tax Credit* in search box)

### Growing up issues

The Information Service at the Children's Development Centre has books and other resources about puberty, relationships etc. which are available for loan.

Contact a Family has publications to download from its website [www.cafamily.org.uk](http://www.cafamily.org.uk) (Go to *Advice and Support*, then *Resource Library*):

- Growing up, sex and relationships: a guide to support parents of young disabled people
- Growing up, sex and relationships: a guide for young disabled people

## The Law

See also *Advocacy* section

### Care Act 2014

The Care Act came into force in April 2015. It replaces most of the current law concerning carers and adults (18 years and above) being cared for. It outlines the way in which local authorities should carry out needs assessments and carer's assessments; how local authorities should determine who is eligible for support and how local authorities should charge for services.

There are some provisions in the Act, for the transition of children/young people who are in need of care and support. It introduces a new duty on local authorities to carry out Child's Needs Assessments (CNA) for young people where there is 'likely to be a need for care and support' after they reach 18 (even if this would not amount to them having eligible needs). The CNA should look at what adult community care services a young person might qualify for when they turn 18 and should include a predicted (or indicative) personal budget, so that young people can plan and make informed decisions about their future.

Young people or their carers can request a CNA at any time before a young person turns 18 and it should occur at a time when it is of 'significant benefit' to a young person's preparation for adulthood. The Care Act also ensures that if the local authority has not carried out a CNA, then they must continue to provide community care services to the young adult until a decision has been made that they do not qualify for services under the Care Act, or the care they have been assessed as needing is actually in place.

There are also new rights for carers, who will be entitled to a carer's assessment when they appear to have needs. The assessment will consider the impact that caring has on them, what they want to achieve in their own lives, such as working, studying or doing more socially. Carers will be entitled to support if they meet the eligibility criteria.

### Equality Act 2010

The Equality Act 2010 provides legal rights for those with disabilities, to protect them from discrimination, in areas such as employment, education, access to goods, services and facilities. For example the Act requires an employer to make 'reasonable adjustments' so that a disabled person is not put at a disadvantage in the workplace. This might include adjusting their working hours or providing special equipment to help them do their job. The Act also protects the rights of those associated with a disabled person, such as their carer or parent. For more information see:

<https://www.gov.uk/rights-disabled-person/overview>

### Mental Capacity Act 2005

The Mental Capacity Act (MCA) protects those aged 16 years and above who may lack the mental capacity to make their own decisions about their care and treatment. It applies to all professional staff involved in a person's care. The Act states that:

- Everyone has the right to make his or her own decisions. Health and care professionals should always assume an individual has the capacity to make a decision themselves, unless it is proved otherwise through a capacity assessment.
- Individuals must be given help to make a decision themselves. This might include, for example, providing them with information in a format that is easier for them to understand.

- Just because someone makes what those caring for them consider to be an "unwise" decision, they should not be treated as lacking the capacity to make that decision. .
- Where someone is judged not to have the capacity to make a specific decision (following a capacity assessment), that decision can be taken for them, but it must be in their best interests.
- Treatment and care provided to someone who lacks capacity should be the least restrictive of their basic rights and freedoms possible, while still providing the required treatment and care.

There is a Court of Protection which oversees the operation of the Mental Capacity Act, and works to resolve disputes when the person's carer, healthcare or social worker disagree about what is in the person's best interests. Cases can be brought to the court by family members, as well as advocates and professionals involved in decisions. For more information see [www.nhs.uk](http://www.nhs.uk) (enter *Mental Capacity Act* in the search box)

## Personal Budgets

Contact a Family have produced a factsheet about Personal Budgets, see [www.cafamily.org.uk](http://www.cafamily.org.uk), go to *Advice and Support*, then *Resource Library* and enter *personal budgets* in the search box.

Personal budgets set out the amount of money available to spend on support for the young person to meet their assessed needs. The money may come from social services, education or in some cases from the NHS. However children and young people assessed as needing an EHC plan will have the option of a personal budget that brings money together from education, health and social care into a single budget. Their EHC Plan can then set out how their budget is to be used to meet their needs and achieve their desired outcomes.

Personal Budgets will be reviewed regularly to make sure that the money has been used properly and has met the young person's needs. A review also provides a chance to check whether any changes are needed.

Personal budgets may be managed in the following ways:

- 1. Notional Budget**—The funding is held by the local authority or NHS. This type of budget could be an option for a young person and their family who want more choice over their services and care, but who do not wish to manage a budget.
- 2. Some parts of a Personal Budget may be taken as a Direct Payment** to meet some of the young person's support needs, agreed with the budget provider, enabling the young person or their family to choose and pay for some of the support and services themselves. Young people over the age of 16 may be eligible to have a direct payment in their own right. This gives them flexibility and control over their support, but also more responsibility for arranging services, employing staff and managing money. There are organisations which can help, however. For example:

### Nottinghamshire Help Yourself Directory

Website [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) (Click on *Adults* then enter *direct payments* in the search box, or click on *Personal Assistant Finder*, for example)

- 3. Managed personal budget**—Young people and their families can be allocated an amount of money but it is looked after on their behalf by an individual or organisation. This could be social care services or an agreed independent organisation who will



arrange the support on behalf of the young person. A managed personal budget is less flexible than a direct payment but means less responsibility for the young person.

**4. Mixed personal budget**—a combination of the above. Young people or their family take direct payments for some of their support and also ask the local authority or a third party to manage other services on their behalf

### Personal Budgets for Special Educational Needs

Only children and young people with an EHC Plan are eligible for a personal budget to support their assessed special educational needs, if their parents/carers request one. The personal budget for education will only include the funds needed to buy more specialist or individual support than the school or college is expected to provide. It would not include the cost of a place at a school or post-16 establishment. In some instances a school or college/learning provider may offer some funding towards a Personal Budget, for example to buy equipment or to arrange home to school transport.

It may be possible to take some of the personal budget as a direct payment, and the EHC Plan Co-ordinator can give advice about this. The EHC plan, including the Personal Budget will be reviewed at least annually to ensure its continuing relevance to the child/young person.

### Personal Health Budgets

Children and young people supported by NHS Continuing Healthcare funding have the right to request a Personal Health Budget. Locally, this service is commissioned from Nottingham CityCare Partnership at present. A Personal Health Budget sets out the funding available to meet a person's healthcare needs, as agreed by health professionals, in a care and support plan. The plan helps people identify their health and wellbeing goals, then sets out how the funding in their personal budget will be spent to achieve these goals.

Note that NHS Guidance anticipates a major expansion in the offer and delivery of personal health budgets to people who evidence indicates, could benefit. As part of this, by April 2016, it is expected that Clinical Commissioning Groups will publish a local offer for the roll out of Personal Health Budgets, including an option for people with learning disabilities. It is anticipated that Personal Health Budgets for children and young people will follow.

### Personal Budgets for Social Care

A personal budget may be offered to a young person aged 18 and above, who is assessed as needing social care at home and in the community. The assessment will look at ways in which the young person's aims might be supported, how they want to live and what they want to be able to do. This will show the amount of support they need and the likely size of their personal budget. At this stage it is called their indicative personal budget as the final amount is not agreed until later.

The young person can then make a support plan—helped by family, friend, advocate or social care worker if required—showing their personal support needs, services and activities which will meet these needs etc. The plan needs to be agreed by the local authority before the personal budget is confirmed. The budget must cover the cost of the assessed needs and the support required.

Most people, although not all, will need to pay something towards their personal budget. It will depend on their individual circumstances, and they will need to complete a financial assessment.

## Safety in the community and online

### Alert Cards and Jewellery

These are available from some of the national support organisations to inform emergency services or members of the public about the specific needs of an individual, what to do and who to contact in an emergency. Some examples are as follows:

**Autism Alert Card** (see section on *Support services for young people and adults with Autistic Spectrum Disorders, their families and carers*)

**Epilepsy ID Card** (includes information about what to do in the case of a seizure) a single card is available free from Epilepsy Action

Epilepsy Helpline 0808 800 5050

Website [shop.epilepsy.org.uk](http://shop.epilepsy.org.uk)

**MedicAlert Bracelets**, necklaces and watches which include an internationally recognised medical symbol and provides link to MedicAlert's emergency team and translation service and the individual's electronic emergency record held securely by MedicAlert.

Website [www.medicalert.org.uk/](http://www.medicalert.org.uk/)

**Muscular Dystrophy** Condition-specific alert cards available from Muscular Dystrophy UK, to inform emergency health care professionals of vital issues affecting those diagnosed.

Telephone 0800 652 6352

Email [info@muscular dystrophyuk.org](mailto:info@muscular dystrophyuk.org)

**Emergency card for carers** (County only) Free card, identifying a carer of someone who is over 18 years of age. Provides an emergency phone number so that family/friends can be contacted, or help can be arranged for the person cared for, in the event of an emergency. Contact the County Council Customer Service Centre, Telephone 0300 500 80 80 for more information.

### Pegasus Scheme

The Pegasus Scheme helps people in Nottinghamshire who have a disability when they need to contact police, fire and ambulance services in Nottinghamshire. Users register with the scheme and are issued with a Personal Identification Number (PIN) which they give when calling the emergency services. This allows the person on the other end of the phone to quickly locate their details: identity, address and, in some cases, up to two trusted contacts. The PIN can also be shown or told to a police officer in the street, which can help to overcome potential communication difficulties. To find out more about Pegasus or to register telephone 101 (ext 2127) or email [Pegasus@nottinghamshire.pnn.police.uk](mailto:Pegasus@nottinghamshire.pnn.police.uk), and see website: [www.nottinghamshire.police.uk/Pegasus](http://www.nottinghamshire.police.uk/Pegasus)

### Safe Places Scheme (Nottingham Mencap)

A scheme to provide safe places in the community where vulnerable people with learning disabilities can go if they get into trouble or feel unsafe, frightened or bullied. A young person can carry a *Safe Places Help Card* with their name and emergency contact details. Public premises (like shops, libraries, police stations, pubs) sign up to be officially known as a 'Safe Place' for vulnerable people. If a person needs help when they are in the com-

munity, they can show their Help card to a member of staff in one of these Safe Places. Someone will then call their emergency contact or the police, depending on the problem.

Contact Smile! Stop Hate Crime on 0115 9209524 to get a Help Card. There is information and a list of 'Safe Places' in the city and county at [www.nottinghammencap.org.uk/What-We-Do/safe-places-scheme.html](http://www.nottinghammencap.org.uk/What-We-Do/safe-places-scheme.html)

## Hate Crime

A hate crime is any criminal offence or incident motivated by hostility or prejudice based upon the victim's gender, disability, ethnicity etc. It includes threats, physical and verbal abuse, damage to property, bullying (including online) etc. The most effective way to report and act on hate crime is through the police. You don't have to be the victim to report a hate crime. **In an Emergency dial 999**

For less urgent reporting, call **Nottinghamshire Police 101** to speak to a trained officer in confidence, or visit your nearest police station.

Once you have reported a hate crime the police will arrange for an officer to meet with you at a time and place to suit you and then take details of the incident from you. They will then arrange for an officer to contact you at least every 14 days to provide ongoing support until the inquiry is finished. Wherever possible, they will seek to deal with those responsible in a positive manner by carrying out the investigation in line with your wishes.

## True Vision

Website [www.report-it.org.uk/home](http://www.report-it.org.uk/home)  
Information about hate crime or incidents and how to report them

## Smile! Stop Hate Crime (SSHC)

Denise 0115 9209524 for Nottingham City and  
South Nottinghamshire  
Karen Aspley 0115 9209524 or  
07580 169 705 for North Nottinghamshire.  
Email [sshc@n-mencap.org](mailto:sshc@n-mencap.org)

A partnership between Nottingham Mencap and the City and County Councils. It aims to raise awareness and tackle Hate Crime against adults with learning disabilities.

## Online Safety

There are some useful websites with advice to help to keep young people safe online:

**Kidscape** [www.kidscape.org.uk/](http://www.kidscape.org.uk/) includes advice for parents, teachers and young people about cyberbullying.

**Childline** [www.childline.org.uk](http://www.childline.org.uk) advice about online and mobile safety and dealing with bullying.

**Internet Matters** [www.internetmatters.org](http://www.internetmatters.org) Information for parents and teachers to help keep children and young people safe online.

**Digizen** [www.digizen.org/](http://www.digizen.org/) advice and resources on issues such as social networking and cyberbullying.

**You&Co** [www.youandco.org.uk/](http://www.youandco.org.uk/) Victim Support's Youth Programme—with information about online bullying.

## Short breaks

### Carers First Team (Carers' Federation)

Telephone 0115 9629369

Following an assessment, free short term respite care may be available for Nottingham City carers 18+ who are caring for someone not in receipt of Adult Social Care. The service provides a sitting service, for example if a carer needs to attend an appointment or an unforeseen circumstance arises. The service is available for a maximum of 12 weeks.

### Nottingham City Council

See *Support in the Community: Shared Lives*, in this section

### Nottingham Mencap

*Harpden House, 203 Edwards Lane, Nottingham NG5 3JA*

Telephone 0115 920 4433

E mail [shortbreaks@positivefutures.org](mailto:shortbreaks@positivefutures.org)

Provide a variety of Short Breaks Services in Nottingham City, Gedling, Broxtowe and Rushcliffe areas, for people with learning disabilities. This includes a befriending service and a support service at transition stage, for those over 14 years of age. The transition service enables young people to practice life skills in their home or community.

### Nottinghamshire County Council

For those who are eligible following a Care and Support assessment, the county council provide short breaks at council-owned respite units and approved residential or home care services, to give carers a break. See Notts Help Yourself [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) (Click on *Adults* and search for *short breaks*)

See also *Support in the Community: Shared Lives*, in this section

### Scope

Telephone 0808 800 3333

Email [helpline@scope.org.uk](mailto:helpline@scope.org.uk)

Website [www.scope.org.uk](http://www.scope.org.uk)

A national organisation, which focuses on people who have cerebral palsy. On their website is a searchable database of local services, including residential short breaks services in Nottinghamshire. These are provided for adults with disabilities such as epilepsy, cerebral palsy, autism, physical impairments and learning difficulties.

## Sport and Leisure Activities

These are some of the activities available for young people who have disabilities. See section on *Play, Leisure and Short Breaks* in this directory for other age-appropriate activities. Also the websites for the Local Offer for the City and County and

**Notts Help Yourself** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

**Sport Nottinghamshire** [www.sportnottinghamshire.co.uk](http://www.sportnottinghamshire.co.uk)

**Do What You Want Directory** [www.dwyw.everycommentcounts.com](http://www.dwyw.everycommentcounts.com)

### Autism East Midlands (formerly NORSACA)

Telephone 01909 506678

Website [www.autismeastmidlands.org.uk/](http://www.autismeastmidlands.org.uk/)

Autism East Midlands provide play and leisure services for children and young people.

**Breakaway**

Website [www.transformtraining.org.uk](http://www.transformtraining.org.uk)

Drama, music and art for young people with learning disabilities. Clubs run at

*Transform Training, 2a Stoney Street, Beeston, Nottinghamshire NG9 2LA*

Telephone or Text 07921 800755

Email [sophie.t@transformtraining.org.uk](mailto:sophie.t@transformtraining.org.uk)

For ages 15–25 years, Wednesdays 4pm–7pm.

*Transform Training, 43 Carlton Road, Worksop, Nottinghamshire S80 1PD*

Telephone 0115 837 4949

Email [teresa.c@transformtraining.org.uk](mailto:teresa.c@transformtraining.org.uk)

For ages 16 to 25 years, Tuesdays 4.30pm–7.30pm

**Craft Club**

*Elizabeth Park Sports and Community Centre, Checkland Road, Thurmaston, Leicester, LE4 8FN*

Telephone 07534930570

Email [sarahebaxter392@btinternet.com](mailto:sarahebaxter392@btinternet.com)

Monthly sessions on Mondays 6pm–9pm, for those aged over 16 who are members of the Leicestershire Downs Syndrome group, and their carers. Learning a new craft each month, from basic sewing to glass making. Cost per person to cover materials and an optional extra payment for buffet meal. Looking to expand to surrounding counties.

**Football**

*Aspley YMCA Youth and Community Centre, Melbourne Park, Aspley, Nottm. NG8 5HL*

Telephone 07792 491426

Email [amy.oakes@nottsymca.org](mailto:amy.oakes@nottsymca.org)

Term time only, on Tuesdays 6.00–7.00pm for players aged 11–25 years who have a disability. Cost per session

**Gedling Sport Plus Club**

*Carlton Forum Leisure Centre, Coningswath Road, Carlton, Nottingham NG4 3SH*

Telephone 07770 895 305

Email [gedlingsportplusclubs@hotmail.co.uk](mailto:gedlingsportplusclubs@hotmail.co.uk)

A sport and social club for young people (16–25 years) with physical disabilities and special needs. Tuesdays 4.30pm–6.30pm, term time only. £3 per session.

**Gettaway**

*Gettaway Club, Harpenden House, Edwards Lane, Sherwood, Nottingham NG5 3JA*

Telephone 0115 920 9524

Email [info@gettaway.co.uk](mailto:info@gettaway.co.uk)

Website [www.nottinghammencap.org.uk/Social-](http://www.nottinghammencap.org.uk/Social-Activities/gettaway.html)

[Activities/gettaway.html](http://www.nottinghammencap.org.uk/Social-Activities/gettaway.html)

Social activities evenings for adults (aged 18+) with learning difficulties, including art classes, pool tournaments, Wii games, board games and much more. Meetings are on Tuesday and Wednesday evenings from 6.45 pm. There are also regular day trips to theme parks, theatres and special events. Those wishing to attend must be members, and application forms can be obtained from the club or downloaded from the website.

**Indigo Kids Youth Club**

*Upper Floor, The Old Town Hall, 3a Watnall Road, Hucknall, Notts. NG15 7LD*

Telephone 0115 9521164

Email [indigokids@live.com](mailto:indigokids@live.com)

Website [www.indigokids.org.uk](http://www.indigokids.org.uk)

Facebook [www.facebook.com/indigokidsevents](http://www.facebook.com/indigokidsevents)

Thursday Evening 5:25–7:25pm–for young people 13 years plus.

**Jigsaw Youth Group**

Telephone 07762 207532

Email [jigsaw.yc@gmail.com](mailto:jigsaw.yc@gmail.com)

Website [www.jigsaw-yc.org.uk](http://www.jigsaw-yc.org.uk)

For young people aged 10–25 with autistic spectrum disorders and their friends. The club aims to provide a safe, non-judgmental environment for young people to develop friendships, learn social skills and have fun, enjoying a wide range of activities.

*Monty Hind Training Centre, Leengate, Lenton, Nottingham NG7 2LX*

Saturdays 10.00am to 1.00pm.

*Oliver Hind Youth Club, Edale Road, Sneinton, Nottingham NG2 4HT*

Mondays 6.30pm to 8.45pm.

*Orchard House, 2 Sherwood Rise, Nottingham NG7 6JN*

Mondays and Thursdays 10am to 2pm.

*NGY Base 51, 29-31 Castle Gate, Nottingham NG1 7AR*

Tuesdays 10am to 2pm.

*Sherwin Road Community Garden, Lenton, Nottingham NG7 2FB*

Wednesdays 10am to 2pm.

**Look Inside**

*Look Inside Sensory Learning & Play Ltd, City College Nottingham, Carlton Road, Nottingham NG3 2NR*

Telephone 07424 032564 or 07424 038353

Email [naomi@lookinside.org.uk](mailto:naomi@lookinside.org.uk) or [kieran@lookinside.org.uk](mailto:kieran@lookinside.org.uk)

Website [www.lookinside.org.uk](http://www.lookinside.org.uk)

Sensory learning and play for children and adults aged 0–25 years with disabilities. Calm sensory environment for relaxation: DVD projection, bubble tube, interactive light panel, sensory toys and specialist equipment. Monday–Saturday 10am–6pm (last entry 5pm), £4 per hour then £2.50 for every subsequent hour.

**Me Time (Mencap)**

Telephone 07983 535 308

Email [steve.jepson@mencap.org.uk](mailto:steve.jepson@mencap.org.uk)

Wide range of leisure activities for people with learning disabilities, including arts & crafts, sports (incl. cricket, football and swimming), cooking and gentle exercise sessions. Activities run Monday–Friday 9.30am–3.30pm at locations in Rushcliffe, the Meadows and Arnold. Each person has a tailored plan to suit their interests and any specific goals or personal development aims. Participants can choose to attend full or half day sessions, or multiple sessions across the week. Contact for more information or to book a place.

**Multi-Sport Sessions (YMCA)***Aspley YMCA Youth and Community Centre, Melbourne Park, Aspley, Nottm. NG8 5HL*

Telephone 07792 491426

Email [amy.oakes@nottsymca.org](mailto:amy.oakes@nottsymca.org)

Term time only on Mondays 6.00–7.00pm for people aged 11–25 years who have a disability. Cost per session.

**National Autistic Society — Youth Clubs**

(Mansfield, Newark and Nottingham)

Providing a range of activities such as cooking, bowling, nature walks, Laser Quest, visits to theme parks, pantos, wii games nights, geocaching, swimming, summer fayre, etc. for young people aged 11–19 years who have Asperger Syndrome. The clubs run once a month.

**Mansfield area** (Usually Monday 6–8pm)*Portland College, Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ***Newark area** (Usually Monday 6–8pm)*Hope House School, Barnby Road, Newark Nottinghamshire NG24 3NE***Nottingham area** (Usually Tuesday 6.30–8.30pm)*Sherwood E-ACT Academy, Wollaton Avenue, Gedling Nottingham NG4 4HX*

Telephone 07436 262084.

Email [sophie.dunlop@nas.org.uk](mailto:sophie.dunlop@nas.org.uk)*National Autistic Society Castle Heights (1st Floor) 72 Maid Marian Way, Nottingham NG1 6BJ***Nottingham City Disability Sport**

Telephone 07932 583392 (Disability Sport and Leisure Officer)

Email [sarah.eyley@nottinghamcity.gov.uk](mailto:sarah.eyley@nottinghamcity.gov.uk)**Nottingham City Leisure Centres**

Sport and Leisure hotline 0115 876 1600

Email [sportandleisure@nottinghamcity.gov.uk](mailto:sportandleisure@nottinghamcity.gov.uk)Website [www.nottinghamcity.gov.uk/sportandleisure](http://www.nottinghamcity.gov.uk/sportandleisure)

Leisure Centres in the city are all accessible and provide a range of activities. It is worth checking with individual centres to see whether there are any special concessionary schemes available

**Nottingham Tennis Centre***University Boulevard, Nottingham NG7 2QH*

Telephone Nottingham City Sport &amp; Leisure 0115 8761600

Email [sportandleisure@nottinghamcity.gov.uk](mailto:sportandleisure@nottinghamcity.gov.uk)

Sessions held for adults and juniors with learning disabilities, autism, hearing and visual impairments and for wheelchair users.

**Nottinghamshire Club for Young People with disabilities**

Telephone 0115 9705405

Monday evenings 7am–9pm (ages 18–25) at the

*Monty Hind Youth Centre, Leengate, Lenton.***Nottinghamshire County Council Disability Sport**

Telephone

0115 8483950

Email

[info@sportnottinghamshire.co.uk](mailto:info@sportnottinghamshire.co.uk)**Nottinghamshire Leisure Centres**

It is worth checking with individual centres to see whether there are any special concessionary schemes available. Details and websites of Leisure Centres across the county—their location, contact details and activities provided—can be found by following the links at

[www.nottinghamshire.gov.uk/enjoying/sport/sportforall/getinvolved/leisurecentres/](http://www.nottinghamshire.gov.uk/enjoying/sport/sportforall/getinvolved/leisurecentres/)**Nottinghamshire Youth Services**

12 clubs for young people with disabilities around the county who are aged 13–24 years.

The list below is correct as at June 2016.

For the **4 clubs below** contact Carol Greaves 07949270038Email [carol.greaves@nottscg.gov.uk](mailto:carol.greaves@nottscg.gov.uk)**Beeston Youth Link***Beeston Young People's Centre, West End, Beeston NG9 1GL*

Tuesday evenings, from 6.30–9pm

**Eastwood Youth Link***Eastwood Young People's Centre, Kelham Way, Eastwood, Nottinghamshire NG16 3SG*

Monday evenings, from 6.30–9pm

**Gedling Youth Link***Redhill Leisure Centre, Redhill Road, Arnold, Nottingham NG5 8GX*

Thursdays 6.30–9pm For young people 13–24 years with disabilities.

**West Bridgford Youth Link***West Bridgford Young People's Centre, Bridgford Road, West Bridgford, Notts. NG2 6AT*

Wednesdays 6.30–9pm Centre is next to West Bridgford Library

For the **4 clubs below** contact Rachael Peat 01623 624179Email [rachael.peat@nottscg.gov.uk](mailto:rachael.peat@nottscg.gov.uk)*Myplace@Westfield Folkhouse, Westfield Lane, Mansfield, Nottinghamshire NG18 1TL***Mansfield (Monday) Youth Link**

Mondays 6.30–9pm

**Mansfield (Tuesday) Youth Link**

Tuesdays 6.30–9pm

**Mansfield (Wednesday) Youth Link**

Wednesdays 6.30–9pm

**Plant Pot Club (Mansfield)**

Saturdays 10.30am–1pm. Environmental, gardening activities.

For the **4 clubs below** contact Lyndsey Radford 01623 411300Email [lyndsey.radford@nottscg.gov.uk](mailto:lyndsey.radford@nottscg.gov.uk)**Newark Link Club***Hawtonville Young People's Centre, Windsor Road, Newark, Nottinghamshire NG24 4HX*

Wednesdays 6.30–8.30pm

**Ollerton Youth Link***Dukeries Young People's Centre, Main Road, Boughton, Newark, Notts. NG22 9JE*

Monday 7–9pm

**Retford Youth Link***Retford Young People's Centre, Arlington Way, Retford, Nottinghamshire DN22 6EA*

Thursday 6.30–8.30pm

**Worksop Youth Link***Valley Young People's Centre, 39 Stanley Street, Worksop Nottinghamshire S81 7JQ*

Tuesdays 6.30–8.30pm.

**NUH Youth Service—Monday Activity Sessions***NUH Youth Service, Nottingham Children's Hospital Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Tel 0115 9709421

Email [nuhyouthservice@nuh.nhs.uk](mailto:nuhyouthservice@nuh.nhs.uk)Website [www.nuhyouthservice.org.uk/monday-activity-sessions/](http://www.nuhyouthservice.org.uk/monday-activity-sessions/)

Monthly sessions held in the Youth Room, 6.30–8.30 with a different theme: 1st Monday in the month: *Youth Achievement Awards*, 2nd: *Lego*, 3rd: *Cooking*, 4th: *Photography*. These sessions are for inpatients, outpatients and their siblings. Contact as above to register.

**NUH Youth Service—Youth Club***NUH Youth Service, Nottingham Children's Hospital Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9709421

Email [nuhyouthservice@nuh.nhs.uk](mailto:nuhyouthservice@nuh.nhs.uk)Website [www.nuhyouthservice.org.uk/youth-club/](http://www.nuhyouthservice.org.uk/youth-club/)

Support for young people (15–20+ years) across Nottingham who have a long-term health condition, and their siblings. Activities include pool, table tennis, computer games, art & crafts, group games, team-building activities, drama and much more. Wednesday evening from 7.00–9pm, at the *Monty Hind Youth Centre, Leengate NG7 2LX* (behind the QMC)

**Powerchair Football***Sports Hall, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB*

Contact 07972 569738

Email [sara.dickinson@thewfa.org.uk](mailto:sara.dickinson@thewfa.org.uk)

Mondays 5pm–6.30pm for 5+ years to adults

**Satellite Disability Swimming Club***South Pool, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottm. NG8 4PB*

Nottingham City Sport and Leisure 0115 876 1600

Saturday 12.45–2.30pm for juniors and adults

**SKY Club (Special Kids Youth Club)***Loco Youth Centre, Victoria Road, Netherfield Nottinghamshire NG4 2PD*

Telephone 07817 634374

Email [julierastall@gmail.com](mailto:julierastall@gmail.com)

Club for children and young people with any disability (8–25 years) Runs from 10–11.30am last Saturday of the month. IT Suite, pool room, quiet area, arts and crafts, sport activities, board games, tuck shop, Wii etc.

**Special Olympics***Sports Hall, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottm. NG8 4PB*

Telephone 07824 871706

Email [h.derby@oakfield.nottingham.sch.uk](mailto:h.derby@oakfield.nottingham.sch.uk)

Multi Sport Club for adults (16 years plus) with a learning disability. Thurs 6.30–7.30pm.

**Springs Nottingham Resource Centre***52 Cordy Lane, Brinsley, Nottinghamshire NG16 5BY*

Telephone 07568 087771 or 07742 578987

Email [info@springsnottingham.org.uk](mailto:info@springsnottingham.org.uk)Website [www.springsnottingham.org.uk](http://www.springsnottingham.org.uk)

Indoor and outdoor facilities including soft play, sensory room, arts and crafts, computers, gardening area, quiet room, sensory nature trail etc. Adults and young people who have a learning disability, sensory impairment or autistic spectrum disorder can book a free introductory visit with their family or carer.

**Square Peg Inclusive Dance Group***Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 07749 533626

Email [squarepeg2014@gmail.com](mailto:squarepeg2014@gmail.com)

Fridays 6–8pm for ages 13–24 years.

**Square Peg Pride Performing Arts Group***Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 07749 533626

Email [squarepeg2014@gmail.com](mailto:squarepeg2014@gmail.com)

Saturdays 1.30–3.30pm for ages 13–24 years.

**Swim Inclusive***South Pool, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottm. NG8 4PB*

Contact Nottingham City Sport and Leisure 0115 876 1600

For those with a disability or life limiting illness, all ages. Fri 3pm–4pm, Sun 11.30am–1pm.

**TenFifty club night***Andwhynot, 62 Leeming Street, Mansfield, Notts NG18 1NG*Facebook [www.facebook.com/clubtenfifty](http://www.facebook.com/clubtenfifty)

Monthly nightclub for adults with a learning disability or autism.

**West Bridgford Tennis Club***West Bridgford Tennis Club, Little Bounds off Wilford Lane, West Bridgford, Nottingham NG2 7QA*

Telephone 0115 9811699

Access Tennis—learning disability tennis for adults and juniors. 7.30pm–9.00pm Sat.

**Wheelchair Basketball***Sports Hall, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottm. NG8 4PB*

Contact Nottingham City Sport &amp; Leisure 0115 876 1600

Wednesdays 5.30–7.00pm

## Support for carers

Carer's Allowance see *Money Matters* section in this directory

Carers' Assessments see *The Law: Care Act 2014*, in this section

See also *Short Breaks* in this section

### Carers Direct

Advisers provide information to help carers to make decisions about their own needs and the needs of the person they care for, see. [www.nhs.uk](http://www.nhs.uk) (enter *Carers Direct* in search box)

Telephone 0300 123 1053 (9am–8pm Mon–Fri, 11am–4pm weekends) or contact via website or webchat service.

Language line also available for those whose first language isn't English.

Minicom 0300 123 1004

### Carers Federation

*Carers Federation Head Office, Christopher Cargill House, 21-23 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 9629310  
Email [info@carersfederation.co.uk](mailto:info@carersfederation.co.uk)  
Website [www.carersfederation.co.uk](http://www.carersfederation.co.uk)

The Carers Federation provide:

- The Rushcliffe Carers Service
- A monthly support group for the Broxtowe area and monthly Drop In for carers at Church Street Medical Practice Eastwood (as at March 2016. Other groups/drop ins may start later in 2016)
- Carers First service in Nottingham City which includes undertaking local authority Carers' Assessments on their behalf where there is no Adult Care & Health involvement. Following assessment, free respite care may be available to carers of adults who are eligible and not in receipt of adult social care. The service is available for a maximum of 12 weeks and is in the form of a sitting service to cover health appointments for example and unforeseen circumstances which prevent carers from providing care. Carers First can be contacted on 0115 9629369
- There is also a separate counselling service available at the Carers Federation for carers in Nottingham city.

See also the Carers Hub for the county.

### Carers Hub (Carers' Trust East Midlands)

*19 Pelham Road, Sherwood, Nottingham NG5 1AP*

Telephone 0115 8248824  
E-mail [hub@carerstrustem.org](mailto:hub@carerstrustem.org)  
Or contact via website [www.carerstrustem.org/hub.html](http://www.carerstrustem.org/hub.html)  
Facebook CTEastMidlands

Personalised support for carers in Nottinghamshire, including advice, signposting, access to carer's breaks, support groups etc.

### Family Carer Support Service (FCSS)

*5/6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol BS16 7FL*

Telephone 0800 801 0448( Mon–Fri 8.30am–4.30pm)

Email

[familycarersupport@hft.org.uk](mailto:familycarersupport@hft.org.uk)

A freephone service for carers of people with learning disabilities, offering one to one support. Carers can also contact by letter or email. For more information see:

[www.hft.org.uk/familycarersupport](http://www.hft.org.uk/familycarersupport)

### Nottinghamshire Healthcare NHS Foundation Trust

For carers of those who have a mental health condition or are affected by substance misuse—a list of support organisations, useful links and an online booklet *A Guide for Carers, Families and Friends* are available at:

[www.nottinghamshirehealthcare.nhs.uk/families-and-carers-support-and-information](http://www.nottinghamshirehealthcare.nhs.uk/families-and-carers-support-and-information)

## Support in the community

### The Access Card

Telephone 01332 404040  
Email [cards@accesscard.org.uk](mailto:cards@accesscard.org.uk)  
Website [www.accesscard.org.uk/](http://www.accesscard.org.uk/)

A card which easily and discreetly lets businesses, sporting or music venues know the specific needs of disabled visitors. For example where adjustments might be made to reduce barriers and make an event more accessible to the card holder. The individual needs of cardholders are assessed and entered into a secure database. The venue can then access information about the barriers faced by the customer and can then anticipate how best to meet their needs. Contact for more details and to apply for a card.

### Shared Lives (City and County)

Trained carers help people (over 18 years) with disabilities to live as independently as possible in the community. The support can include help with practical tasks as well as social skills and building confidence. It may involve living in a carer's home to cover a short-term need, such as providing a break for their main carer, or a much longer-term need. Alternatively the scheme may involve the carer supporting the disabled person with independent living in their own home and in the community.

Service users must be eligible for social care services and have had a financial assessment to decide how much they need to pay. Before a placement starts, the young person will meet their carer to get to know them over a period of time. They will not be placed with a carer until everyone involved is in agreement. For further information contact:

**City** Telephone 0115 876 3222  
Email [adultsocialcare@nottinghamcity.gov.uk](mailto:adultsocialcare@nottinghamcity.gov.uk)  
Website [www.nottinghamcity.gov.uk/sharedlives](http://www.nottinghamcity.gov.uk/sharedlives)  
**County** Telephone 0300 500 8080 (Mon–Fri 8am–8pm, Sat 8am–12 noon)  
Minicom 01623 434993  
Email [enquiries@nottscscc.gov.uk](mailto:enquiries@nottscscc.gov.uk)  
Website [www.nottinghamshire.gov.uk/sharedlives](http://www.nottinghamshire.gov.uk/sharedlives)

## Transport

See also *Transport* section of this directory

**Blue Badge**

Disabled adults who are visually impaired or on Personal Independence Payment (PIP) with a score of eight points or more under the PIP activity of 'moving around' may qualify for a Blue badge. Others may also be entitled, subject to assessment. More information and an application form is available at:

**City** [www.nottinghamcity.gov.uk/article/22159/Disabled-Blue-Badges](http://www.nottinghamcity.gov.uk/article/22159/Disabled-Blue-Badges)

Telephone 0115 876 1499

Email [blue.badges@nottinghamcity.gov.uk](mailto:blue.badges@nottinghamcity.gov.uk)

**County** [www.nottinghamshire.gov.uk/travelling/parking/bluebadge/#apply-for-badge](http://www.nottinghamshire.gov.uk/travelling/parking/bluebadge/#apply-for-badge) (includes online application)

Telephone 0300 500 80 80 (Mon–Fri 8am–8pm, Sat 8am–12 noon).

Email [enquiries@nottscg.gov.uk](mailto:enquiries@nottscg.gov.uk)

**Bus passes**

Both city and county have concessionary travel schemes for permanent residents with a qualifying disability.

For more information see page 206 in *Transport* section of this directory

**Disabled person's railcard**

Buying this railcard entitles adults who have a visual impairment, hearing impairment, epilepsy or are in receipt of Personal Independence Payment (PIP), to a discount when travelling on the national rail network. An adult companion is also entitled to the discount. For further information see pages 204–206—*Trains* in the *Transport* section of this directory.

**Driving****Family Fund**

4 Alpha Court, Monks Cross Drive, York YO32 9WN

Telephone 01904 621115

Young people aged 16 and 17 may be eligible for a 'Driving Ambitions' grant which covers the cost of a taster lesson and some other costs e.g. provisional licence, theory test.

They may be able to find an instructor via [www.disabilitydrivinginstructors.com](http://www.disabilitydrivinginstructors.com) The following driving schools also advertise special needs lessons—suitability may vary depending on disability:

**Apple Driving School**

Telephone 07960 485 027

Website [www.appledriving.co.uk](http://www.appledriving.co.uk)

(Nottingham, Eastwood and Kimberley, Hucknall, Arnold—also see list of areas on website)

**BSM**

Telephone 0330 100 7501

Website [www.bsm.co.uk](http://www.bsm.co.uk)

**No Gears No Fears**

Telephone 07545787024 [www.nogears-nofears.com](http://www.nogears-nofears.com)  
(Mansfield/Worksop)

**SSM School of Motoring**

Telephone 0115 9670817 [ssm-schoolofmotoring.co.uk](http://ssm-schoolofmotoring.co.uk) (Nottingham)

**Forum of Mobility Centres**

Telephone 0800 559 3636

Website [www.mobility-centres.org.uk/](http://www.mobility-centres.org.uk/)

There are 17 independent mobility centres across the country which offer professional information, advice and assessment for people who have a medical condition or have had an injury which may affect their ability to drive. The nearest centres for the Midlands are in Derby, Birmingham and Leeds.

**Derby DrivAbility**

Kingsway Hospital, Kingsway, Derby DE22 3LZ

Telephone 01332 371929

Email [dhft.driving@nhs.net](mailto:dhft.driving@nhs.net)

Website [www.derbydrivability.com](http://www.derbydrivability.com)

Information for people with disabilities wanting to start or return to driving. Provide assessment of driving ability, wheelchair hoistage and stowage assessment, advice on adaptations. There are charges for assessments. Advice for carers who drive passengers with disabilities. Appointments must be made.

**Motability**

A scheme to lease a car, wheelchair accessible vehicle, powered wheelchair or scooter for those receiving Personal Independence Payment (PIP) enhanced mobility component. They can apply for a car as a passenger if they are eligible but don't drive, and nominate two other (approved) people as their drivers. Motability also provides grants for driving lessons for those who are eligible.

There are a range of car adaptations available, but these may not be included in the young person's lease and they would need to pay for them themselves. However they may not have to pay VAT on the adaptations.

For more information see the website or contact:

Telephone 0300 456 4566 or

Minicom (textphone): 0300 037 0100  
(Mon–Fri 8am–7pm, Sat 9am–1pm)

Website [www.motability.co.uk](http://www.motability.co.uk)

**Road tax disc**

People who get the *enhanced* mobility component of Personal Independence Payment (PIP) are entitled to a free tax disc. The vehicle must be registered in the disabled person's name or their nominated driver's name. It must only be used for the disabled person's personal needs. It can't be used by the nominated driver for their own personal use. Those receiving the *standard* mobility component of PIP can get a 50 per cent discount. For more information and how to claim, see:

[www.gov.uk/financial-help-disabled/vehicles-and-transport](http://www.gov.uk/financial-help-disabled/vehicles-and-transport)

## Short lives

This section covers services for children with life limiting conditions.

### Financial Help

A child who is expected to live 6 months or less can claim Disability Living Allowance under the special rules. See the paragraph on Care Component on page 168

A young person aged 16 or over who is expected to live 6 months or less can claim Personal Independence Payment under the special rules (see page 228 in the Transition section)

If a child has money in the Child Trust Fund (see page 176) they or you on their behalf can ask for early access.

### Charlie Cookson Foundation

PO Box 211, South Shields NE33 9EQ

Website [www.charliecookson.co.uk](http://www.charliecookson.co.uk)

Provides financial support for 3 months to parents of seriously ill children up to and including 16 years with life limiting conditions that require 24 hours nursing care or specialist nursing facilities. Parents must be caring for their sick child and one of them must have had to leave their job or reduce their hours. Support provided to help with costs such as mortgage, utility bills, petrol, food etc.

### React

Grants for children with life limiting conditions. (see details on page 192 in Equipment section). May also give grants towards the cost of travel expenses where child is in a hospice or travels frequently to hospital.

### Practical/emotional support

#### Butterfly Project

Barnardo's Family Support Service, Cavendish Lodge, 10 Devonshire Avenue, Beeston, Notts NG9 1BS

Telephone 0115 9575300

Service for children and young people aged 0–18 years with a life-limiting condition and their families/carers. Emotional, social and practical support. City and County. Home visits, parent group, siblings group etc.

#### Maggie's Nottingham

Adults can come into Maggie's (see page 108 in the *Parent forums, parent groups* section) any time to discuss how to broach the subject of cancer with children. Maggie's have children's days every so often for ages 7 up.

#### Newlife Foundation

Newlife Centre, Hemlock Way, Cannock, Staffordshire WS11 7GF

Telephone 0800 902 0095 or 01543 468 777

Email [nurse@newlifecharity.co.uk](mailto:nurse@newlifecharity.co.uk)

*Just Can't Wait* service offers free loan of essential equipment eg. beds, wheelchairs, specialist buggies delivered within 72 hours to help terminally ill children.

Can provide free *Comfort Capsule* which contains a range of items to support the

emotional needs of the family and help them including supersoft blankets, supportive V pillows, memory box, camera and digital photo frame. Delivery and collection of some items when no longer needed is free. Healthcare professional needs to request on behalf of the family.

### Pauls Fund

c/o the Old Bakery, Chapel Street, Georgeham, Braunto, North Devon EX33 1JJ

Telephone 01271 891076

Email [pauls-place@pauls-fund.co.uk](mailto:pauls-place@pauls-fund.co.uk)

Grants for a stay at Paul's Place in North Devon on a bed and breakfast or self catering basis. For young adults 18–30 with a life-limiting, life-threatening or terminal illness or who have been bereaved (death of partner/parent/child/sibling) or who are unpaid carers for a partner/close family. Parents of young adults who are caring on a full-time basis or whose young adult son/daughter has recently died may also be eligible.

### Together for Short Lives

New Bond House, Bond Street, Bristol BS2 9AG

Helpline for families 0808 8088 100 (10am–4pm Mon–Fri free from landlines and some mobile networks)

Website [www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)

Information for families/carers caring for a child or young person with a life threatening or life limiting condition. Resources for families eg. about care planning and choices, having difficult conversations with young adults. Signposting to charities, bereavement support, counselling services etc. Opportunity to talk to trained helpline staff, advice on how to link with other parents, referral on for one to one support from a legal advocate if appropriate. You can also email from the website and ask the team to contact you.

### Wish granting charities

Below is a selection of organisations that provide a special holiday or day out for children and young people with life limiting/life threatening medical conditions. Most will not consider a child who has already had a wish granted by another organisation and most say children must be resident in the UK. Full criteria vary. You can usually apply online.

#### Dreamflight

Dream flight Office, 7c Hill Avenue, Amersham, Bucks, HP6 5BD, UK.

Telephone 01494 722733

Email [office@dreamflight.org](mailto:office@dreamflight.org)

Website [www.dreamflight.org](http://www.dreamflight.org)

Takes seriously ill and disabled children, without their parents, on the holiday of a lifetime to Orlando, Florida. Medical carers accompany the children. Ages 8–14 years.

#### Dreams Come True

Exchange House, 33 Station Road, Liphook, Hampshire GU30 7DW.

Telephone 0800 0186013 or 01428 726330

Email [info@dreamscometrue.uk.com](mailto:info@dreamscometrue.uk.com)

Website [www.dreamscometrue.uk.com](http://www.dreamscometrue.uk.com)

Wish granting for children/young people with serious or terminal illness aged 2–21 years.



**Happy Days Children's Charity***Clody House, 90-100 Collingdon Street, Luton, Bedfordshire LU1 1RX.*

Telephone 01582 755999

Email [enquiries@happydayscharity.org](mailto:enquiries@happydayscharity.org)Website [www.happydayscharity.org](http://www.happydayscharity.org)

UK holidays for families with a child aged 3–17 with special needs. Also group activities: days out, theatre trips and activity holidays for children with disabilities or acute, chronic or life limiting conditions or who have been abused, witnessed domestic violence, been bereaved or are young carers—someone representing the group needs to contact.

**Make a Wish Foundation UK***329-331 London Road, Camberley GU15 3HQ.*

Telephone 01276 405060

Email [referrals@make-a-wish.org.uk](mailto:referrals@make-a-wish.org.uk)Website [www.make-a-wish.org.uk](http://www.make-a-wish.org.uk)

For children aged 3 to 17 years living with life threatening illness.

**The National Holiday Fund for Sick and Disabled Children***NHF Office, 14 Buttermere, Hemsby Norfolk NR29 4JZ*

Telephone 01493 731235

Email [office@nhfchcharity.co.uk](mailto:office@nhfchcharity.co.uk)Website [www.nhfcharity.co.uk](http://www.nhfcharity.co.uk)

Organises group holidays to Florida for children aged 8-18 years with serious illness or disability without their parents.

**Rays of Sunshine Children's Charity***1 Olympic Way, Wembley, HA9 0NP.*

Telephone 020 8782 1171

Website [www.raysofsunshine.org.uk](http://www.raysofsunshine.org.uk)

Grants the wishes of children aged 3–18 years who have life limiting or life threatening medical conditions. Wishes may also be granted for those who have experienced life changing conditions eg. brain injury.

**Starlight Children's Foundation***227 Shepherds Bush Road, London W6 7AU*

Telephone 020 7262 2881

Website [www.starlight.org.uk](http://www.starlight.org.uk)

Children aged 4–18 inclusive with potentially life shortening or life threatening illness.

**When You Wish Upon a Star***Futurist House, Valley Road, Basford, Nottingham NG5 1JE*

Telephone 0115 979 1720

Email [midlands@whenyouwish.org.uk](mailto:midlands@whenyouwish.org.uk)Website [www.whenyouwish.org.uk](http://www.whenyouwish.org.uk)

Provide 'dreams come true' for children aged 2-16 who have a life threatening illness.

**Willow Foundation***Gate House, Fretherne Road, Hatfield, Welwyn Garden City, Hertfordshire AL9 5BE*

Telephone 01707 259777

Website [www.willowfoundation.org.uk](http://www.willowfoundation.org.uk)

Funding for a 'special day' for a young adult (16–40 years inclusive) who is receiving treatment for a life threatening condition.

**Hospices**

Hospices help children who are not expected to reach adulthood and their families.

**Bluebell Wood Children's Hospice***Cramfit Road, North Anston, Sheffield, South Yorkshire S25 4AJ*

Telephone 01909 517360 (517369 for referrals to community team)

Email [info@bluebellwood.org](mailto:info@bluebellwood.org)Facebook [www.facebook.com/bluebellwoodchildrenshospice](http://www.facebook.com/bluebellwoodchildrenshospice)

Twitter @BluebellWoodCH

Website [www.bluebellwood.org](http://www.bluebellwood.org)

The hospice cares for and supports children and young adults with a shortened life expectancy and a range of complex medical needs. Day care for children too young to go to school or who can't go because of their medical needs, respite care (short breaks at the hospice for the child and their family), end of life care in purpose built accommodation suites where child and their family can stay. A small community team can work with children/young adults with life limiting conditions and their families at home. Referrals accepted from anyone for a child or young person up to their 19th birthday, provided they are made with the knowledge and agreement of the family. Young people can continue to use the hospice until they reach 25 years of age. The service is for families in north Nottinghamshire, north Lincolnshire, north Derbyshire and south Yorkshire. Siblings group and one to one support for siblings, monthly parents/grandparents group. Befriending service for parents/grandparents with phone calls, home visits etc. Phone for referral forms or download from the website. Services are provided free to families.

**Rainbows Hospice for Children and Young Adults***Lark Rise, Loughborough, Leicestershire LE11 2HS*

Telephone 01509 638000

Email [administration@rainbows.co.uk](mailto:administration@rainbows.co.uk)Website [www.rainbows.co.uk](http://www.rainbows.co.uk)

Palliative and end of life care for children and young adults suffering from life limiting conditions who are not expected to live far into adulthood. Covers the midland counties including Nottinghamshire. Families can self refer or be referred by someone involved with the family. Care can be provided at the hospice or at home. Although young adults over 18 years can use an adult hospice, those who have used Rainbows for much of their lives may prefer to stay with familiar surroundings and staff. Support and activities for brothers and sisters and bereavement support. Rainbows leaflet can be downloaded in a range of languages.

## Bereavement and end of life care

### Registering a death

Deaths should normally be registered in the district in which they occurred. You can register in another area but there may be a short delay if you do this.

To make an appointment to register a death in the **city** contact  
*The Council House, Old Market Square, Nottingham NG1 2DT*

Telephone 0115 8415554

You can make an appointment online—go to *Deaths* in the A–Z.

To make an appointment to register a death in the **county**

Telephone 0300 500 80 80

Offices are in each county area. Locations are available at: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (search for *Register Offices*) and you can make an appointment online.

### Bereavement Trust

Telephone 0800 435 455 (English)

Telephone 0800 9177 416 (Urdu, Gujarati and Hindi)

Telephone 0800 0304236 (Cantonese and Mandarin)

Freephone helplines in 5 languages open every evening of the year 6.00–10.00pm to give comfort and practical advice to the bereaved.

### Children's Bereavement Centre

*3 Kings Road, Newark, Nottinghamshire NG24 1EW*

Telephone 01636 551739

Email [info@childrensbereavementcentre.co.uk](mailto:info@childrensbereavementcentre.co.uk)

Website [www.childrensbereavementcentre.co.uk](http://www.childrensbereavementcentre.co.uk)

Individual bereavement support for children aged 3–18 in Nottinghamshire. Play therapy, groups and workshops for children, annual 2 day residential camp. Parent/carer counselling, telephone support. Training for schools, organisations and volunteers. Support for families affected by terminal illness pre-bereavement.

### Child Bereavement Network

*8 Wakley Street, London EC1V 7QE*

Telephone 020 7843 6309

Website [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

National directory of organizations providing bereavement support for children and young people. Suggestions for parents, teachers on how to offer support, information for young people themselves.

### Child Bereavement Team

*E Floor, East Block, Queens Medical Centre, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ext 66276

Website [www.nuh.nhs.uk/our-services/nottingham-childrens-hospital/our-services/](http://www.nuh.nhs.uk/our-services/nottingham-childrens-hospital/our-services/)

Practical and emotional support for children/young people up to age 18 with a life-limiting condition and their families/carers. An opportunity for family members to talk through feelings, decisions, coping strategies etc. with someone who has bereavement

training and is not directly involved with the child's medical care. Support can also be offered after sudden death of child or young person. Can get access to interpreters.

### Child Death Helpline

*Child Death Helpline, York House, 37 Queen Square, London WC1N 3BH*

Helpline 0800 282986 for landlines or  
0808 800 6019 for all mobiles

Website [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

Calls accepted in any language—give language you want to use and a phone number for an interpreter. Lines open every evening 10am–1pm, 7–10pm Mon–Fri, 1pm–4pm Tue, Wed. Support for anyone affected by a child's death (including prebirth and grown children)—parents, siblings, any relative, friend or professional. The death can be recent or long ago. Helpline staffed by bereaved parent volunteers, supported by professionals.

### Child Funeral Charity

*Unit 1, The Shield Office Centre, 186a Station Road, Burton Latimer, Kettering NN15 5NT*

Telephone 01480 276088 (Monday–Friday 9–5).

Email [enquiries@childfuneralcharity.org.uk](mailto:enquiries@childfuneralcharity.org.uk)

Website [www.childfuneralcharity.org.uk](http://www.childfuneralcharity.org.uk)

Take referrals from professionals who know the family e.g. nurses, GP, hospice manager, local authority registrar, funeral directors. Cannot help families who are eligible for a funeral payment from the Social Fund. Applications must be made before the funeral arrangements are finalised and decisions on funding will be made within two working days. The charity can fund coffin, one vehicle and can consider providing the following from the charity's own suppliers: floral tribute, cremation fees or contributions towards burial fees, funeral director's costs, memorial plaque, orders of service.

### The Compassionate Friends

Telephone 0345 1232304 National Helpline 10.00am–4pm,  
7.00–10pm daily, always answered by a bereaved parent

Telephone 0115 9264701 Nottinghamshire contacts (Pat and Jerry)

Email [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

Website [www.tcf.org.uk](http://www.tcf.org.uk)

Organisation of bereaved parents, siblings and grandparents offering support to other parents who have lost a child by death, at whatever age and to brothers and sisters, grandparents etc. Pat and Jerry can offer support locally. Support is also available by phone from the national organisation who produce leaflets, have a legal helpline and provide confidential support whatever the age of the child or cause of death. Online forums including one for parents who have lost a child with disabilities.

### Cruse Bereavement Care

National helpline 0844 477 9400 (charges)

Email [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Young people's helpline 0808 808 1677 (free)

Young people's email [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

Websites [www.cruse.org.uk](http://www.cruse.org.uk) (main)

[www.hopeagain.org.uk](http://www.hopeagain.org.uk) (young people 12–18 years)

Telephone 0115 9244404 (Nottingham) [nottingham@cruse.org.uk](mailto:nottingham@cruse.org.uk)

0115 9825348 (Rushcliffe) rushcliffe@cruse.org.uk

01623 647645 (Mansfield) mansfield@cruse.org.uk

All above local branches can see children and young people as well as adults.

01636 706228 (Newark) newark@cruse.org.uk

(over 18 years only.)

Publications for bereaved adults, children and those supporting them can be downloaded from the websites. Includes information for military families and on traumatic bereavement.

**Laura Centre**

4-6 Tower Street, Leicester, LE1 6WS

Telephone 0116 254 4341

14 Vernon Street, Derby, DE1 1FT

Telephone 01332 408026. Email: info@thelauracentrederby.org.uk

Website www.thelauracentre.org.uk

Free confidential counselling for parents whose child has died and for children and young people bereaved of a parent or significant person. Leicester is the main site. Derby is open for 3 days a week. People from Nottinghamshire can use either of the services.

**The Lullaby Trust**

11 Belgrave Road, London SW1V 1RB

Bereavement helpline 0808 802 6868 10am–5pm Mon–Fri 6pm–10pm

weekends/Bank Holidays.

Information/Advice 0808 802 6869.

Email support@lullabytrust.org.uk

Website www.lullabytrust.org.uk

Support for anyone affected by the sudden or unexpected death of an infant or toddler.

Information on safer sleep, CONI (care of next infant) scheme, child death review process.

**React Charity**

Telephone 020 8940 2575

Website www.reactcharity.org

May be able to help with funeral expenses and memorial headstones when a child with a life limiting condition dies.

**SANDS (The Stillbirth and Neonatal Death Society)**

28 Portland Place, London W1B 1LY

Helpline 020 74365881 (Mon–Fri 9.30am–5.30pm, Tues and Thu 6–10pm).

Email helpline@uk-sands.org

Website www.uk-sands.org

Nottingham Sands 07891041211

Email nottingham.sands@hotmail.co.uk

Support and befriending for anyone affected by the death of a baby including parents, other children, relatives, professionals etc. Helpline can put parents in touch with female befriender who speaks Urdu, Gujarati, Hindi or Punjabi.

**Spiral**

28 Magdala Road, Nottingham NG3 5DF

Telephone 0115 9603010 for advice and referral Mon and Thur 11–1:30pm.

Email admin@familycare-nottingham.org.uk

Website www.familycare-nottingham.org.uk

Support for children aged 5–18 years coping with bereavement. Covers City and County.

Does not work with families and children where CAMHS or social care are involved.

Focus on families who do not meet threshold for support from CAMHS/social workers.

**Tamba Bereavement Support Group**

Manor House, Church Hill, Aldershot, Hants GU12 4JU

Telephone 0800 138 0509 (Twinline) or 01252 332344 (main Tamba telephone)

Email helenturier@tamba.org.uk or support-team@tamba.org.uk

Website www.tamba.org.uk/bereavement

Support for parents who have lost a baby/babies from a multiple pregnancy, before or after birth. Downloadable booklet from website. Team of volunteer befrienders who have all lost a baby/babies themselves. Parents who speak little English can call and request a call back with a translator on the line. Private Facebook group—contact Tamba to join.

**Torbay Holiday Helpers Network**

Telephone 01803 325152 (Luke Tillen) 07768 770434

Fax 01803 324780

Email luke@thhn.co.uk

Website www.thhn.co.uk

Hotels and accommodation providers offer free holidays for families with a child with a serious illness or families who are recently bereaved—having lost a child or parent—and to families with a parent with a terminal illness. The holidays are for immediate family members only, but single parents can bring another carer. A charity worker, social worker, NHS healthcare professional eg. GP must apply on the family's behalf.

**Winston's Wish**

3rd floor, Cheltenham House, Clarence Street, Cheltenham, Glos GL50 3JR

Helpline 0845 2030405 (Mon–Fri 9am–5pm, Weds 7–9.30pm)

Email info@winstonswish.org.uk

Website www.winstonswish.org.uk

Support for bereaved and young people where someone important has died. Also for children where a parent/sibling is seriously ill. Helpline offers information and guidance to anyone caring for or supporting a bereaved child or young person, questions can also be sent by email from the website. Parents guide for helping a child when someone has died available in Arabic, Bengali, Spanish, Polish and Swedish as well as English. Residential weekends (charges). However there are no direct charges to families who have experienced death by suicide, murder/manslaughter or where death was in the military services.

For Hospices see the *Short Lives* section of this directory.

The Information Service (0115 8831157/8) has a collection of books/leaflets about bereavement for children and for parents whose child has a life limiting condition. Anyone can call in to borrow items or phone for suggestions of books to obtain via a public library.

## Information and advice services

You can also get information more specific to your child's condition from many of the parent support groups in the *Parent Groups and Voluntary Services* section of this directory.

## Local

### Local Offers

Every local authority must identify education, health and social care services in their local area provided for children, young people and families who have SEN or disabilities and include them in an information directory called the Local Offer. This will also help local authorities to see where there are gaps in provision. The Local Offer covers ages 0–25 years and should reflect what people need and include information about services outside the local area that families are likely to use.

The local authority must ask children, parents and young people what they think should be included and how they think people should be able to access it. They must publish feedback from children, young people and parents and say clearly what they will do about the comments they receive. Local schools, colleges, health services and other providers should contribute to the Local Offer and it should be kept up to date.

#### Nottinghamshire Local Offer

Email [local.offer@nottscs.gov.uk](mailto:local.offer@nottscs.gov.uk)  
 Website [nottinghamshire.sendlocaloffer.org.uk](http://nottinghamshire.sendlocaloffer.org.uk) or  
[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

There is a facility for young people/parents and carers to review services. If you feel something is missing from the Local Offer you can contact via email.

#### Nottingham City Local Offer

Website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (search for local offer)  
 You can contact the local offer from the website with comments.

See also information about how to influence the provision of services via the Nottinghamshire Participation Hub on page 94 if you live in the county and via Rainbow Parents Carers Forum on page 94 if you live in the city.

#### Ask Us Nottinghamshire

*County Hall, West Bridgford, Nottinghamshire NG2 7QP*  
 Telephone 0115 8041740  
 Website [www.askusnotts.org.uk](http://www.askusnotts.org.uk)

All local authorities, by law, have to provide children and young people with SEN or disabilities, and their parents, with information and advice. Ask Us Nottinghamshire provides this working together with the Information Centre and IRIS below.

#### Information Service

*Children's Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*  
 Telephone 0115 8831157 or 8831158 text 07500 102796  
 Email [infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

Website [www.nottinghamshirehealthcare.nhs.uk/the-information-service](http://www.nottinghamshirehealthcare.nhs.uk/the-information-service)

Information on medical conditions and any aspect of caring for a child or young person with any disability; education, leisure, benefits etc. Free and confidential service for any family in the city or county or anyone working with children. Edit and distribute *Finding Your Way*. Weekly sessions for help with disability benefits forms for children and young people, appeals etc. see page 179.

#### IRIS

*Iris Project, NCVS, 7 Mansfield Road, Nottingham NG1 3FB*

Telephone 07827938966  
 Email [contactus@askiris.org.uk](mailto:contactus@askiris.org.uk)  
 Website [www.askiris.org.uk](http://www.askiris.org.uk)

Information for parents and carers of children and young people with disabilities up to age 25 in Nottingham and Nottinghamshire. Quarterly magazine and website for parents. Manages the city and county Children's Disability Registers. Families joining the Registers receive a copy of each magazine by post (or email if preferred). Sign up via the website for a monthly e-newsletter. Supports parents to influence and shape services. IRIS is funded by the city and county councils and managed by Family Action on their behalf.

#### Disability Direct

*Old Basford Community Centre, Bramble Close, Davids Lane, Basford, Nottm. NG6 0QG*  
 Telephone 0115 9785095  
 Website [disabilitydirect.com/nottingham](http://disabilitydirect.com/nottingham)

Information Service and Welfare Rights Advice (see more details page 179) for people with disabilities, their carers and for older people. Drop in or call for an appointment. Open 9.30–4.30 Mon–Fri (4pm Fri)

Volunteering opportunities for people with and without disabilities. Website includes the Do What You Want database.

#### Disability Nottinghamshire

*Unit 15, Botany Park, Botany Avenue, Mansfield, Nottinghamshire NG18 5NF*  
 Also drop in advice at 73A, Rosemary Street, Mansfield, Nottinghamshire NG18 1QU  
 Advice Line 01623 625891  
 Email [advice@disabilitynottinghamshire.org.uk](mailto:advice@disabilitynottinghamshire.org.uk)  
 Website [www.disabilitynottinghamshire.org.uk](http://www.disabilitynottinghamshire.org.uk)

Free, confidential and impartial advice and advocacy in respect of any aspect of disability to people with disabilities and their carers, family and friends, also students and professionals throughout Nottinghamshire County. Specific advice on disability welfare and benefits. Form filling, appeals, training and consultancy. Webchat service on Monday mornings.

#### Nottingham City Families Information Service

Telephone 0800 458 4114

#### Notts Help Yourself

Website [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

## Citizens Advice Bureaux

Free, confidential, impartial information and advice for all on subjects including housing, legal and money and immigration, consumer issues. Local bureaux have wheelchair access and induction loops. The national website has an online advice guide and details of advice sessions in Nottinghamshire and Nottingham and in other counties.

Website [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

has full details of all bureaux, latest opening times and accessibility. The details below correct as of June 2016.

### Ashfield Citizens Advice Bureau

*Ashfield Health and Wellbeing Centre, Portland Street, Kirkby in Ashfield, Nottinghamshire NG17 7AE*

Telephone 0300 4568369 Mon–Fri 10am–4pm

Drop in Mon–Fri 9.30am–2pm. For debt advice call 01623 784385 for appointments.

### Bassetlaw Citizens Advice Bureau

*The Annexe, Queens Building, Worksop, Nottinghamshire S80 2AE*  
*Market Square, Retford, Nottinghamshire DN22 6EU (inside council offices)*

Telephone 0300 4568369 Mon–Fri 10am–4pm

Drop in (**Worksop**) Mon & Wed 9.30am–3pm, Fri 9.30–1pm

Drop in (**Retford**) Tue and Thu 10am–2pm

Videolinked sessions at:

**Langold** Centre at Village Hall 10am–3pm Tues–Fri

**Misterton** Resource Centre DN10 4BU

**Bircotes** Information Office, Scrooby Road DN11 8JP Mon–Fri.

To request a video link interview call 01909 488703

### Broxtowe Citizens Advice Bureau—Beeston office

*Ground Floor, Council Offices, Foster Avenue, Beeston, Nottingham NG9 1AB*

Telephone 0844 499 1193 Mon–Fri 10am–4pm

Drop in times Mon, Tue, Thu, Fri 10am–1pm. Specialist money and housing advice by appointment. Outreach sessions in:

**Stapleford** Care Centre Thu 9.30am–12.30pm drop in and Mon/Tue 9.30am–12.30pm appointments only. Ring Stapleford Care Centre on 0115 8835000 for an appointment.

### Eastwood Citizens Advice Bureau

*Library and Information Centre, Wellington Place, Nottingham Road, Eastwood, Nottingham NG16 3GB*

Telephone 0844 499 4194 Tue 10am–2pm, Thu 1–4pm

Drop in sessions Mon, Tue, Wed 9.30am–12.30pm, Thu 1–4pm. Specialist money and housing and legal advice by appointment.

### Mansfield Citizens Advice Bureau

*Advice Hub, 16 Regent Street, Mansfield, Nottinghamshire NG18 1SS*

Telephone 0300 4568369 (Advice by phone Mon–Fri 10am–4pm)

Drop in Mon–Thu 9.30am–2pm Appointments may be offered after initial assessment.

Information and reception open until 4pm and 10am–4pm on Fridays. Outreach session at

**Warsop** Old Town Hall Tue 9am–1pm.

## Nottingham and District Citizens Advice Bureau

*34–36 Carrington Street, Nottingham NG1 7FG*

Telephone Advice 0844 8487997 (from landlines) 0300 330 5457 (from mobiles) Mon, Tue, Thu, Fri 10am–2pm, Weds 1pm–4pm

Website [www.nottinghamcab.org.uk](http://www.nottinghamcab.org.uk)

Phone first or call in. Appointments may then be offered if appropriate. Drop in for information leaflets or internet use Mon, Tue, Thu, Fri 9.30am–3pm, Wed 1–4pm. Also offer debt advice by email, use form on website. Drop in outreach sessions in:

**Arnold** Council offices Fri 9.30am–3.30pm

**Calverton** Core Centre Mon 9.30am–3pm

**Edwards Lane** Community Centre Anderton Road, Tue, Fri 9.30am–2.30pm

**Netherfield** St George's Centre Thu 9.30am–2.30pm

**Newstead** Miners Welfare Tue 1–3.30pm

**West Bridgford** Rushcliffe Community Contact Centre, Thu, Fri 9.30am–12.30pm

## Sherwood and Newark Citizens Advice Bureau

*5 Forest Court, Forest Road, New Ollerton, Newark, Nottingham NG22 9PL*

Telephone 0844 856 3411 (from landlines)

(10am–4pm Mon–Fri) 0300 456 8369 (from mobiles)

Drop in times Mon, Wed, Fri 9.30am–2.30pm. Outreach sessions at:

**Bilthorpe** Surgery Mon 9.30am–12.30pm

**Clipstone** Crown Medical Centre, Forest Town Tue 9.30–12.30pm

**Newark** Keepers Cottage NG24 1BL Tue, Thu 9.30am–2.30pm,

## Council information and contact details

### Nottinghamshire County Council

Customer Services 0300 500 8080 (Mon–Fri 8am–8pm, Sat 8am–12pm)

Minicom 01623 434993

Website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

Website has details of local customer service points and you can also enquire at your local library. Main council offices are at

*County Hall, West Bridgford, Nottinghamshire NG2 7QP 0115 9823823*

*Trent Bridge House, Fox Road, West Bridgford, Nottingham NG2 6BJ 0115 9823823*

*Sir John Robinson Way, Arnold, Nottingham NG5 6DB 0115 854 6000*

*Meadow House, Littleworth, Mansfield, Nottinghamshire NG18 2TB 0115 8041240*

### Ashfield District Council

*Urban Road, Kirkby in Ashfield Nottingham NG17 8DA*

Telephone 01623 450000 Typetalk 18001 01623 450 000

Website [www.ashfield-dc.gov.uk](http://www.ashfield-dc.gov.uk)

### Bassetlaw District Council

*Queen's Buildings, Potter Street, Worksop, Nottinghamshire S80 2AH*

*17B The Square, Retford, Nottinghamshire DN22 6DB*

*Carlton Forest House, Carlton Forest, Hundred Acre Lane, Carlton in Lindrick Nottinghamshire S81 0TS*

Telephone 01909 533250 Mon–Fri 8.40am–5pm  
 Website [www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk) Webchat service available.

### Broxtowe Borough Council

*Foster Avenue, Beeston Nottinghamshire NG9 1AB*

Telephone 0115 917 7777 Mon–Fri 8.30am–5pm (4.30 on Fri)  
 Website [www.broxtowe.gov.uk](http://www.broxtowe.gov.uk)

### Gedling Borough Council

*Civic Centre, Arnot Hill Park, Arnold, Nottingham NG5 6LU*

Telephone 0115 901 3901 Mon–Fri 8.45am–5.15pm (Fri 4.45pm)  
 Website [www.gedling.gov.uk](http://www.gedling.gov.uk)

### Mansfield District Council

*Civic Centre, Chesterfield Road South, Mansfield, Nottinghamshire NG19 7BH*

Telephone 01623 463463 Mon–Fri 8.30am–5pm (Fri 4:30pm)  
 Website [www.mansfield.gov.uk](http://www.mansfield.gov.uk)

### Newark and Sherwood District Council

*Kelham Hall, Kelham, Newark Nottinghamshire NG23 5QX (until 2017)*

Telephone 01636 650000. Mon–Fri 8.30am–5.15pm (Fri 4.45pm)  
 Website [www.newark-sherwooddc.gov.uk](http://www.newark-sherwooddc.gov.uk)  
 Council moving to new offices in 2017 next to Newark Cattle Market.

### Rushcliffe Borough Council

*Civic Centre, Pavilion Road, West Bridgford, Nottingham NG2 5FE.*

*Drop in: Community Contact Centre, Rectory Road, West Bridgford, Nottinghamshire NG2 6BU*

Telephone 0115 981 9911 (Mon–Fri 8.30am–5pm,  
 9am–1pm first Sat of month)  
 Website [www.rushcliffe.gov.uk](http://www.rushcliffe.gov.uk)

### Nottingham City Council

*Loxley House, Station Street, Nottingham NG2 3NG*

Telephone 0115 9155555  
 Website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)  
 Drop in contact Centres at Central Library, Angel Row, Nottingham NG1 6HP, Bulwell Riverside page 41, Clifton Cornerstone page 41, Mary Potter Centre page 43, St Ann's Valley Centre page 44 and from 2017 in the new Strelley Joint Service Centre and the new Sneinton/Dales Joint Service Centre.

## Libraries in Nottingham and Nottinghamshire

See page 141. Information is also available on the councils' websites.

## National services

### Autism Services Directory

Website [www.autismdirectory.org.uk/directory.aspx](http://www.autismdirectory.org.uk/directory.aspx)

Online directory of services (schools, colleges, support groups, training courses, leisure activities etc.) specifically for people affected by autistic spectrum disorders or which cater for a range of disabilities including autism. Compiled by the National Autistic Society.

### Contact A Family

Telephone 0808 808 3555 (9.30am–5pm Mon–Fri)  
 Email [helpline@cafamilly.org.uk](mailto:helpline@cafamilly.org.uk)  
 Further details on page 121.

### Gov.uk

Website [www.gov.uk](http://www.gov.uk)  
 Government website with details of public services. Good starting point for information on issues such as benefits, housing adaptations, driving, employment rights, schools etc.

### Mencap Direct

Telephone 0808 8081111 (free, Language Line interpreting available)  
 Email [help@menap.org.uk](mailto:help@menap.org.uk)  
 Website [www.mencap.org.uk/mencapdirect](http://www.mencap.org.uk/mencapdirect)  
 Information for people with a learning disability and their family and carers on benefits, housing, jobs, education, care and personal relationships. Website includes information written for people with learning disabilities.

### Scope Community

Website [community.scope.org.uk](http://community.scope.org.uk)  
 Free online community for anyone connected with disability (parents, carers, professionals) to share hints and tips for supporting people with disabilities.

### NHS Choices

Website [www.nhs.uk](http://www.nhs.uk).

### Nationwide Access Register/Direct Enquiries

*Direct Enquiries Limited, Amber House, Market Street, Bracknell, Berkshire RG12 1JB*

Telephone 01344 360101  
 Email [customerservices@directenquiries.com](mailto:customerservices@directenquiries.com)  
 Website [www.directenquiries.com](http://www.directenquiries.com)

Searchable online directory covering hotels, tourist attractions, restaurants, nature reserves etc. with detailed information about accessibility for people with disabilities.

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