



Down Syndrome Training & Support Service

Parent's Information Booklet

There are many services available for children with additional needs in the Bradford and surrounding area. We have found, however, that few parents are aware of all of the services on offer. We have therefore attempted to list all of the provisions which may be of use to our children.

If you are aware of any which we have overlooked, please let us know. The services are listed under five headings:

Health pages 6 to 9

Education pages 10 to 16

Support pages 17 to 27

Funding/Benefits pages 28 to 30

Activities pages 31 to 36

They are ordered roughly as we feel your child may need them

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Web: www.downsupportbradford.uk.com



LOTTERY FUNDED

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HEALTH

Child Development Centre (CDC)

All children in our area diagnosed as having additional needs re referred to the Child Development Centre (CDC) either at St Luke's Hospital, Bradford or at Airedale Hospital.

Services at the CDC include:

- Speech and language therapy (SALT)
- Physiotherapy, including hydrotherapy (ask about this if it is not offered)
- Occupational therapy
- A dietician
- Regular check ups with a paediatrician
- A dentist

Other CDCs are:

- St James Hospital, Beckett Street, Leeds
- St Georges Centre Middleton, St Georges Road, Leeds, LS10 4UZ
- Wortley Beck Health Centre, Ring Road, Wortley, Leeds, LS12 5SG
- Armley Moor Health Centre, 95 Town Street, Armley, Leeds, LS12 3HD

Special Needs Health Visitor

St Luke's Hospital, Little Horton Road, Bradford, BD5 ONA
Peter Learmouth on 01274 365468

Peter Learmouth is the Special Needs Health Visitor and is based at St Lukes Hospital in Bradford.

Special feeding teats

If your baby has difficulty feeding from a bottle, special feeding teats are available - contact your Special Needs Visitor.

Infant Massage

Contact -

Horton Park Medical Centre, 99 Horton Park Avenue, Bradford, BD7 3EG
01274 436600

Massaging your child calms parents/carers as well as the child. It can also be beneficial in relieving minor ailments such as colic, nasal congestion and constipation, and can aid sleep. For further advice and information on classes available contact the centre.

Hearing and Eyesight

Contact-

Down syndrome Medical Interest Group

Website www.dsmig.org.uk

Make sure you ask your child's paediatrician about hearing and eyesight at your regular check-up at the Child Development Centre. All children with Down syndrome should have regular hearing and eyesight tests.

Hearing banana

This is a photo-copiable chart which you should take along to any hearing assessment to help in discussions with the audiologist and to help you remember which sounds your child may have difficulty in hearing. Copies available from the office at Down Syndrome Training & Support Service Limited.

Eyesight: Vision research at Cardiff

Contact -

Dr J Woodhouse 029 2087 6522

Website www.cardiff.ac/optom/eyeclinic

Email woodhouse@cf.ac.uk

Cardiff University have been researching visual development in children with Down Syndrome since 1992. Current research suggests that bifocals could be of great benefit to the children.

University Eye Clinic—Bradford

Website www.bradford.ac.uk/student/healthy-students/the-eye-clinic

The University Eye Clinic in Bradford is able to fit glasses with a lower bridge for those who would benefit from having lenses that are set higher than usual. The clinic is very relaxed and any student contact is supervised.

Vision Care Optometry

Website www.visioncareoptometry.co.uk/eyewear/erins-world

Vision Care Optometry in York and Castleford offer specific testing and Erin's frames, designed specifically for children and adults with Down syndrome.

York—30 York Road, York, YO24 4LZ Tel. 01904 784040

Castleford—19 Sagar Street, Castleford, WF10 1AG Tel. 01977 552361

Hippychick Hipseat

Contact -

Telephone 01278 434440

Website www.hippychick.com

This child carrier is specifically designed to address back pain in adults. The seat straps around your waist and provides a firm shelf for the child to sit on and supports their increasingly heavy weight from underneath. Instead of twisting the spine, the back of the adult is able to stay straight. The seat is suitable for children from 6 months to at least 3 years. It can be bought through various catalogues as well as direct at approx £39.95 plus P&P.

Speech and Language Therapy: Down Syndrome Training & Support Service

Contact -

Wendy Uttley / Wendy Rhodes on 01274 561308

Email office@downsyndromebradford.co.uk

The Down Syndrome Training and Support Service provides monthly speech and language sessions. Children are grouped according to ability and age.

Talktools

Contact -

Wendy Uttley/Wendy Rhodes - 01274 561308

Mary Hampton on 01433 639741

Website www.talktools.net

Email mary@languagetherapy.co.uk

Talk Tools is a programme aimed at improving oral motor skills. Tools and a graded programme of exercises are used to address some of the sensory issues that the children have around their mouths, eg teeth grinding, faddy eating, tongue protrusion. Currently Mary Hampton provides a consultation service occasionally at The Pamela Sunter Centre.

Toy Library

Contact -

CDC, St Lukes Hospital, Bradford on 01274 365463

Website www.thebradfordtoylibrary.org

Email Toy.library@bradfordhospitals.nhs.uk

The CDC at St Lukes Hospital houses a toy library providing toys on loan for all children with special needs. Some are adapted. The Toy Library also includes the Laura Jackson Book Library providing specialist books for loan to parents and siblings. Opening hours are 9.30 am to 1.00pm Monday to Thursday.

RADAR Keys

Contact -

Telephone 020 725 8191

Website www.disabilityrightsuk.org/radar-nks-keys

People with a bladder or bowel problem can purchase a key from the charity RADAR (Royal Association for Disability and Rehabilitation) as part of their National Key Scheme providing access to toilets, locked to prevent vandalism. The key costs £4.50 and a regional guide to toilet locations is available for a donation of £3.50 with the purchase of a key. Order from the RADAR bookshop.

Piedro Boots

Your child may benefit from 'Piedro' orthopaedic boots. These provide extra ankle support and are free of charge after recommendation from your physiotherapist at the CDC.

Nappies

Free nappies can be supplied for your child after the age of four years. Apply after a referral from your local Health Visitor.

Pushchair

The Major MacLaren buggy is available through your GP or Health Visitor. The cost

is covered by a voucher awarded by Bradford Community Health Mobility Service based on Cemetery Road. (If you use your voucher at an independent outlet, do ask to see a price list as they have been known to overcharge.) To get a voucher you need a referral to wheelchair services from your GP.

Seatbelts and car harnesses.

Contact -

Telephone 01253 852298

Website www.crelling.com

Email info@crelling.com

Crelling Harnesses in Cleveleys, Lancashire is a company specialising in car harnesses for children with special needs, particularly any who tend to be hyperactive. To obtain a brochure contact or visit the website.

Remap

Contact -

Telephone 0845 1300 456 or 01484 715748

Website www.remap.org.uk

Email s.iwanek@remap.org.uk

Remap is a charity established to provide tailor made gadgets to help people with disabilities carry out everyday tasks. Remap volunteers have supplied all manner of ingenious items such as musical spoons, swinging beds, back rests for skateboards and more. The service is free, for more information visit the website.

Continence advice

Contact -

Telephone 01274 228756

Website - www.bachs.nhs.uk

Advice about children's needs at different stages of toileting is available from the Continence Service

Paediatric Occupational Therapy

Contact -

Telephone 01274 365461

Based at St. Luke's and Airedale Child Development Centres. Referral can be made through your paediatric consultant, G. P. or your child's physiotherapist. They can give general advice on developing care skills and fine motor skills through play.

Hospital Passport

Website www.nhs.uk

Hospital Passports are designed to provide support to people whilst they stay in hospital. Check the website to see the traffic light format.

Carer's Assessment

Contact -

Children's Initial Contact Point 01274 437500

All carers have the right to a carer's assessment. Following the assessment a decision will be made as to whether you can have help. This may be help in the form of providing services for you, the carer, or services for the person you care for.

Help can be:

- Advice on benefits and managing money
- Services to help you share the caring
- Help with health problems you may have
- Equipment or adaptations to your home
- Information and advice
- Contact with other carers
- Help to stay in work or get work
- Help to take part in leisure or education

Right To Know About...Friendships, Sexuality, Personal Safety.

Contact -

Telephone 01274 561308

Email office@downsyndromebradford.co.uk

This is a program of work from the Down Syndrome Society of South Australia. There are many sections in the program, each comes with advice, worksheets and resources to enable a parent to support their child in specific areas. There are a range of topics across the three key areas of friendships, sexuality and personal safety.

Topics include - about me, about others, personal space, personal hygiene, feelings, relationships, body parts, puberty for boys, puberty for girls, reproduction and birth control, sexual expression, private and public places, interpersonal boundaries, safety in the community, assertiveness, abuse prevention.

If you would like any of these units please contact the Down Syndrome Training & Support Service and we will print out the material for you.

The Down Syndrome Training & Support Service now delivers a training course for parents and professionals on this subject

Healthwatch Bradford and District.

Contact -

Telephone 0300 5610987

Email info@healthwatchbradford.co.uk

Website www.healthwatchbradford.co.uk

Healthwatch can guide you through the new health and social care system, tell you what you need to know, and put you in touch with the service you are looking for.

They give information about services in your area - NHS services like hospitals, GPs and dentists, social care providers like care homes and support services and community resources like groups and advice centres.

EDUCATION

Bradford Early Years, Childcare and Play Services

Contact -

Children's Information Link on 01274 437503

This service is now organised into five areas into five locality areas: Bradford North, Bradford South, Bradford West, Keighley and Shipley there is also a district wide team. Each area has its own team of play support workers, advisory teacher, inclusion worker, child minding coordinator, information officer etc. A speech & language therapist and a mobile crèche also form part of the district wide team. The service work with pre school settings, playgroups, parents and toddler groups, childminders, holiday play schemes and the private sector.

Disability Equality Training, Free, Bradford

Contact -

Telephone 01274 434503

This training is delivered by disabled young people and aims to explore prejudice, stereotyping and the impact this has on young people. The trainers share their own personal feelings and thoughts of growing up as a disabled person.

Early Development Groups

Contact -

Wendy Uttley or Wendy Rhodes at the office on 01274 561308

Email office@downsyndromebradford.co.uk

The Down Syndrome Training & Support Service Ltd offer early intervention sessions for children aged 10 months to 5 years. Groups run fortnightly at The Pamela Centre and address early interaction, motor, number, reading, speech sound and memory development.

Pre-school play groups

Contact -

Telephone Denise Langley, Shipley & Keighley Pre-school Learning Alliance
Bradford Under Fives Association on 01274 308725

Website www.bufa.org.uk

Email office.skpla@btconnect.com

Children with special needs are able to attend a local pre-school playgroup (2½-5 years) with the provision of a support assistant. This allows your child to mix with his/her mainstream peers, adjust to spending time away from you and enjoy all the learning experiences that pre-school groups provide.

Parents Forum For Bradford & Airedale (PFBA)

Contact -

Telephone 07506789051

Website www.pfba.org.uk

Email info@pfba.org.uk

This organisation supports families with children & young people with special (additional) needs. The Forum exists to help in all areas of education and support. They hold regular meetings to gather parental views and feedback to services.

Bradford Parent Partnership Scheme

Contact -

Telephone Cheryl Paul / Wendy Harrision at Barnardos on 01274 494274

Website www.barnardos.org.uk

In partnership with Bradford Education and Barnardo's they offer support to parents/carers of children with special needs especially with regard to educational issues such as statementing and transport appeals. They will attend an appeal with you.

Leeds SEND Information Advice Service

Contact -

Telephone Number 0113 3951222

Leeds SEND Information Advice Service offers a range of information and advice for children with individual educational needs. They can support parents, carers and professionals with impartial advice around Special Education Needs (SEN). The Choice Advice Service provides advice for children starting secondary school in year 7 including information about admission policies for different types of schools. They also support families dealing with exclusions and offer a great range of training for those looking to become volunteers. They can provide independent information, advocate and support families involved with the Parent Partnership Service. There is also a dedicated information officer who is responsible for a library of information about services in Leeds and can provide parents with impartial advice on who and where might be able to help them depending on their needs.

Portage

Contact -

Telephone Learning Support Service on 01274 385833

This is a very useful and supportive service which is available from birth for children with special needs. A friendly home visitor attends, usually fortnightly, to assess your child's progress and to suggest ways to help your child develop skills through play. The portage team is able to provide toys and equipment. There may be a waiting list.

Intergrated Support & Psychology Service (ISPS) Leeds

Contact -

Telephone Number 0113 3951100

Email education.psychology@educationleeds.co.uk

The integrated support and psychology service is a support service which aims to meet the additional needs of children and young people, parents and carers, school staff, communities and other professionals. The ISPS is made up of 4 teams, these are:

Special Educational Needs Support Team: This team works with schools to raise the achievement of pupils who are experiencing difficulty with their learning

Education Psychology Team: Work with settings, parents/carers and children and young people to support inclusion through the use of psychology

Inclusion Support Team: The inclusion workers who make up the Inclusion support team provide targeted support to schools in relation to children and young people with social, emotional and behavioural difficulties

Early Years Support: Have a number of Early Years area coordinators who are trained and have knowledge and experience to support the development of children aged 0-5 years with additional educational needs in the areas of thinking, problem solving, learning and success to learning. They also support families and setting to fully include all children.

For more information about the ISPS you can contact your school or call 0113 395 1100

Signing

Contact -

Wendy Uttley or Wendy Rhodes at the office on 01274 561308

Email office@downsyndromebradford.co.uk

Research has shown that the memory of a child with Down Syndrome is aided by a visual form of the word. Communication, understanding, speech and reading can all be aided by the use of signing. The Down Syndrome Training & Support Service run signing courses throughout the year and have a booklet for sale 'Signing for children with Down syndrome' priced £7.00. Please contact the office for further details

Schools

Choosing the best school for your child is not easy. Your portage worker will discuss the options available and can visit schools with you. Your child's Pre-5 Coordinator and Educational Psychologist will also be involved in the decision process. There are a number of different types of school available:

1. Children's Centre Plus

A Children's Centre can offer the following services for children under five and their families, however not all centres will be delivering all these services. A Children's Centre Plus has additional places and staff specifically for children with additional needs. The services are:

Education and Childcare

- Early education and day care for children from 6 months to 5 years
- Minimum of 48 weeks per year
- Up to 10 hours per day, 5 days per week (Mon—Fri)
- Lots of family fun and learning opportunities such as stay and play sessions, music and song, story times, baby clubs and special events
- Childminder services attached to the centre

Family Support and Outreach Work

- Support, advice and information for parents aimed at giving children the best possible start in life. This can be provided in your own home or at the centres and is given by qualified family support staff.
- Information on and access to local services for children under five and their families.
- Access to dedicated under fives outreach worker.

Workshops and advice on:

- Antenatal and Postnatal classes
- Breastfeeding
- Healthy Eating
- Health & Safety

Links to Job Centres and Training Providers

Co-ordinated services including:

- Advice on entering the workforce
- Personal chats with new Deal advisors
- Group sessions with advisors
- Basic skills training
- Accredited training

Training may be supported by Creche facilities or funded approved childcare.

Visit <http://www.bradford.childrencentres.org/> for more information

Child and Family Health Services

Healthcare workers on site to support access to a range of healthcare services such as:

- Speech & Language Therapy.
- Smoking Cessation.
- Community Midwifery.
- Health Visiting

The Children's Centre Plus in Bradford are:

- Canterbury, Basil Street, Bradford, BD5 9hL, telephone 01274 574539
- Strong Close, Airedale Road, Keighley, BD21 4IW, telephone 01535 669833
- St Edmund's, Washington Street, Bradford, BD8 9QW, telephone 01274 543282
- Woodroyd, Woodroyd Road, West bowling, Bradford, BD5 8eL, telephone 01274 731006
- Barkerend Children's Centre, 365 Barkerend Road, Bradford, BD3 8QW, telephone 01274 437300
- Hirstwood Nursery School & Children's Centre, Clarence Road, Shipley, BD18 4NJ, 01274 584368

2. Special Schools (primary)

These will take children from 2 years of age, transport may be provided and full-time provision is available. Classes are small and the teachers are all special needs teachers:

- Chellow Heights co-located with Heaton Primary—telephone 01274 484242
- Delius, co-located with LaPage Primary—telephone 01274 666472
- Phoenix, co-located with Merlin Top Primary (Guard House), telephone 01535 607038

3. Mainstream nurseries.

Admission from 3 years of age, half or full day attendance. Your child may need to have a statement and a support assistant who will be employed by the school for your child.

4. Independent Nurseries.

Contact -

Sally Whitely on 01274 601575

www.childrens-place.co.uk

There are 11 **Children's Place** nurseries across West Yorkshire. They aim to cater for the needs of all children and take seriously the inclusion of those with Down syndrome. The nurseries take children from birth to 5. Funding may be available, for details check out the website or contact Head Office.

5. Mainstream Primary schools

Placing your child in the local mainstream primary school is regarded as the norm in most circumstances. Children usually require some level of support but inclusion during the primary years should not be an issue.

6. Secondary schools

Special schools:

The secondary special school (aged 11 to 19) is Beechcliffe, Greenhead Road, Utley, Keighley, BD20 6EB.

Hazelbeck co-located with Beckfoot Secondary School, Wagon Lane, Bingley, BD16 1EE, telephone 01274 777107

Southfield co-located with Grange Technology College, Haycliffe Lane, Bradford, BD5 9ET, telephone 01274 779662

High Park School will be an all age school (age 3 to 19) and will accommodate those children with severe and complex communication and interaction needs including ASD, contact Boothroyd Drive, Bradford, BD10 8LU—01274 614092

Designated Special Provision

Two secondary schools now have DSP within the school. This means that they are resourced and staffed to include pupils with additional needs, in particular a learning disability.

Thornton Secondary School, Leaventhorpe Lane, Thornton, BD13 3BH, 01274 881082.

Titus Salt Secondary School, Higher Coach Road, Baildon, BD17 5RH, 01274 258969.

Three places are available at each school in each year.

Mainstream secondary school

Placing your child in a mainstream secondary school is another option but you will

need to ensure training is in place. Inclusion in mainstream secondary schools is something that remains a challenge for all involved but such provision is steadily improving. Training in secondary schools can be provided by Down syndrome Training & Support Service Ltd.

Statements

In our opinion all children with Down syndrome need a statutory assessment which will then lead to a statement of special educational needs. The statement is a legal document detailing the needs of your child and what needs to be in place to meet those needs. It may also carry additional funding for the school. The process can be a bit daunting for parents and if you require further information please contact the Down Syndrome Training & Support Service or the national charity the DSA. The Down Syndrome Training & Support Service also provide training on the statement process.

Training for parents and professionals working with children who have Down Syndrome

Wendy Uttley regularly delivers training courses for parents, carers and school staff working with children with Down Syndrome.

Topics covered are :

- An Introduction to Down Syndrome
- Signing for children with Down syndrome.
- Using the written word to develop speech, vocabulary and grammar.
- Teaching numeracy using the Numicon approach.
- What time is it? Teaching children with learning difficulties and disabilities how to tell the time.
- The inclusion of children with Down syndrome—expectations of behaviour.
- Sexuality relationships education—(SRE) for parents and teaching staff working with children with Down syndrome.
School assemblies—introduction to Down syndrome for primary and secondary schools.
- Toilet Training

We are currently in the process of developing more training course for more information contact Wendy Uttley on 01274 561308 or e-mail the office .

office@downsyndromebradford.co.uk

Down Syndrome Association (DSA)

Contact -

Telephone 0333 1212 300

Website www.downs-syndrome.org.uk

Email info@downs-syndrome.org.uk

The national Down' Syndrome Association exists to provide support and information to people with Down syndrome, their parents/carers and to interested professionals. A journal is produced twice a year: it includes readers' letters, issues in health and education, fund-raising news and book reviews. It also provides invaluable national contact with advisors on such topics as speech and language, medical and legal issues,

behaviour, education, psychiatry, homeopathy etc

Down syndrome Educational International (Was Downsed)

Contact -

Telephone 0300 330 0750

Website www.dseinternational.org

Email info@dseinternational.org

Down Syndrome Education International is directed by Frank Buckley the son of Professor Sue Buckley, she is a world leader in research into the cognitive development and education of children with Down syndrome. They organise conferences and workshops and provides accurate and current information and advice for families and professionals. Books, videos, software, periodicals, teaching materials, See & Learn and consultations can all be ordered through the website.

Deafbooks & Let's Sign

Contact -

Website www.deafbooks.co.uk

Visit the website for free downloads, these include: Sign & write graphics in powerpoint for 5 little ducks, 5 little monkeys, early years verbs—A4 reference poster, left and right handed finger spelling poster, poster of everyday signs for play school, free games and a catalogue of the full Let's Sign series. Some resources are now available as apps, see website for details.

eReadingPro

Contact -

Website www.ereadingpro.com

eReadingPro is a Canadian reading programme specifically designed for children with Down syndrome. The programme has been created using current research by DownsEd on how children with Down syndrome learn and more specifically how they learn to read. For more information visit the website .

IPSEA Independent Panel For Special Education Advice

Contact -

Telephone 0800 0184 016

Website www.ipsea.org.uk

This is a volunteer based organisation where many of the volunteers have children with SEN and are speech therapists, teachers or educational psychologists etc. They will give you free independent advice on LEA duties, statements etc. They will support you through tribunals and give second professional opinions.

Oxford Owl Maths

Contact -

Website www.oxfordowl.co.uk/Maths/

Oxford Owl Maths is a free website built to help support you and your child with maths ideas. You'll find age-specific maths advice, tips and lots of fun ideas, games and e-books to help you enjoy maths with your child.

Makaton

Contact -

Telephone 01276 606760

Website www.makaton.org

Email info@makaton.org

Makaton is a language programme using signs and symbols to help people communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order. Makaton is extremely flexible as it can be personalised to an individual's needs.

Numicon

Contact -

Telephone 01536 452610

Website www.numicon.com

Numicon materials provide a visual, innovative and practical method to help your child develop basic number skills. Numicon produce a regular e-newsletter, visit www.numicon.com. Courses for parents, carers and teachers are run regularly by Wendy Uttley. Contact the office for more details.

Oxford Reading Tree Website

Contact -

Website www.oup.com/oxed/primary/oxfordreadingtree

Visit the Oxford Reading Tree website for learning activities with Biff and Chip:

Pops

Contact -

Telephone 0131 447 7747

Website www.popsresources.com

Email info@popsresources.com

POPs have brought out a CD-ROM for both the Red and Blue Elephant series. The CD-ROMs contain word cards for all of the books, the Pops Family Introduction Book, Worksheets and Games (58 pages), Teacher and Parent Manual, and POPS characters for use with the Clicker software package.

Sense Toys

Contact -

Telephone 0345 2570849, Fax 0345 2570851

Website www.SenseToys.com

SenseToys has been set up by a mother of a child with special needs to provide toys, activities and books suitable for all, but particularly children with Special Educational Needs. Each product comes with simple and effective play tips. Visit the website to view and order products. Ideal for finding that special present, new resources or ideas.

Sunfield Training Programme

Contact -

Telephone 01562 882253

Website www.sunfield.org.uk

Email pdcsunfield.org.uk

Offers courses including ICT Solutions for communication using Widgit, Developing structured teaching strategies, Intensive Interaction, Using ICT to develop social stories, Sex & Relationship Education in the classroom and many more. For full details visit website.

Sure Start Disability Inclusion Worker

Contact -

Samina Tariq at Barnardo's on 01274 481183

Barnardo's Disability Inclusion Service employ an outreach worker to support families in the Manningham area and to improve inclusive play provision in the area.

Educational Psychologist

Contact -

Psychological Services on 01274 564806

Website www.bradford.gov.uk/education

You will be introduced to an educational psychologist through your Portage worker. He/she will be involved in requesting a school place for your child, will work alongside your child and may advise the school on suitable methods.

Special Apps

Contact -

Website www.specialiapps.co.uk

Visit the website to learn about the apps developed by Colin and Bev Dean, several of them are based on the see and learn series (Down Syndrome Education International)

WEBSITE WELL WORTH A VISIT FOR RESOURCES

www.AutismBuddy.com is free to join and offers a great range of resources:

[Flash Card Zone](#) - Over 3000 high quality flash cards in many formats, including emotions, sports, clothing, food etc.

[Printable Zone](#) - An extensive collection of Special Educational Needs Printables in many categories.

[Interactive Zone](#) - Collection of programs which your students can interact with.

[Worksheet Zone](#) - Extensive collection of over 1000 SEN worksheets. Timetabling and behaviour charts

SUPPORT (Support Groups)

Bradford People First

Contact -

Mayfield Centre, Broadway Avenue, Bradford, BD5 9NP

Telephone 01274 744151,

Website www.bradfordpeoplefirst.org.uk

Email office@bradfordpeoplefirst.org.uk

This is a self-advocacy group run by and for young people with a learning disability. They can provide training on self advocacy, disability rights, valuing people, making documents, accessible travel training and much more. Training can be in the work place. Contact for more details.

Bradnet (formerly known as the Asian Disability Network)

Contact -

Noor House, 11 Bradford Lane, Bradford, BD3 8LP

Telephone 01274 224444

Website www.bradnet.org.uk

Bradnet is a user-led organisation that seeks to empower and enable disabled people to lead their chosen lifestyle by providing appropriate services such as: person-centred outreach and advocacy, one-to-one support and welfare rights advice help in education and employment. It provides support, advice and information and also organises day trips and other social events.

Down Syndrome Training & Support Service Ltd

Contact -

Wendy Uttley / Wendy Rhodes on 01274 561308

Website www.downsupportbradford.btck.co.uk

Email office@downsyndromebradford.co.uk

The Down syndrome Training & Support Service is a registered charity run by and for parents and carers of children who have Down syndrome. Our service is based at The Pamela Sunter Centre in Bingley. We are currently funded by The Big Lottery Fund. We provide regular training and support events, including Early Development Groups and Speech & Language Groups, and hold a monthly family Saturday session at Haworth Road Methodist Church Hall, usually on the 2nd Saturday of each month from 10 am - 12 noon. A library of books, software and resources are available at the Centre and a monthly newsletter keeps members up to date with our events and developments. For more info contact the Centre.

- **New Parent packs (produced by Down Syndrome Training & Support Service Limited)**

These packs contain details of our charity, a leaflet aimed at new parents prepared by DSEi, two booklets from the DSA for new parents, a flyer from DownsHeart and the book "Just Kids" showing many beautiful, positive images of children who just happen to have Down syndrome. The packs have gone out to local hospitals and are also available for families new to the group. Contact the Centre above for further information.

SUBSCRIBE Down syndrome-AUTISM-UK in the body of your message.

Down's Heart Group

Contact -

Telephone 0845 1668061

Website www.dhg.org.uk

Email info@dhg.org.uk

This national group supports families whose child has Down Syndrome and a heart condition. The group can put you in touch with other families. A DVD of parents' experiences and explanations about heart defects is available. They also produce occasional newsletters.

Down Syndrome Support Group, Huddersfield.

Contact -

Tweet Them—@hdssg1

Website www.hdssg.org

Email hdssg1@gmail.com

Facebook Page—[Huddersfield Down Support Group](#)

Offers a great range of events and activities: such as climbing, keep fit, Ju Jitsu, bowling, swimming, family activity days. For more details visit their website or contact Kim.

Down Syndrome Support Group, Wakefield & District

Contact -

Telephone Andrea Arnold on 07814 367594

Website www.downsyndrome-wakefield.co.uk

Email info@downsyndrome-wakefield.co.uk

This is a monthly family support group. For more information contact Andrea.

Hand In Hand Support Group

Contact -

Telephone 01274 433585

Woodside Childrens Centre, Fenwick Drive, Bradford, BD6 2PG

Facebook Group - [Hand In Hand Support Group](#)

Support group based in Bradford 6 for parents and carers of children with additional needs, every Monday at Woodside Children's Centre - 9.30 to 11.30.

Ilkley Parents' Support Group

Contact -

Margaret Beatham on 01943 607253 or Jane Whiteside on 01943 831006

This group meets once a month at the Wellbeing Café at the Baptist Church, Ilkley and offers a support service for parents of children with disabilities. They also organise summer activities. Held every 3rd Monday of the month 1.30—3.30 pm.

Leeds Mencap

Contact -

Catherine Holme on 01132 351331

Website www.leedsmencap.org.uk

Email cath.leedsabc@googlemail.com or info@leedsmencap.org.uk

Leeds Mencap works to improve the lives and opportunities of children and adults with a learning disability and their families and carers. Based at East End Park, Londesboro Terrace site, Leeds Mencap provides a variety of services, Hawthorn Family Support Centre supporting parents and carers of children aged from birth to 3 years, two Junior Youth Clubs, Gateway 33 Club, Summer Play schemes, the Links Support Group and the Tuesday Drop-In Group both supporting parents/carers of children with learning disabilities. From the Chapel Allerton site Leeds Mencap runs The Rookery a residential home for 12 adults with a learning disability. Although affiliated to National Mencap, Leeds Mencap is an independent charity run by and for local people.

They also produce a newsletter Additional Needs and More, a monthly newsletter full of support group activities for families in Leeds, contact Catherine for further details.

Little Hiccups

Contact -

Telephone 07831 230741

Website www.littlehiccups.co.uk

Email info@littlehiccups.co.uk

A support group for children with all levels of special needs or disabilities and their families meets every Thursday afternoon 1 pm to 2.30 pm, at Headingley Children's Centre where children have access to toys, arts and crafts and a garden. £1 per session.

LS29

Contact -

Telephone 01943 609861

Website www.ls29.co.uk

Email ls29groups@yahoo.co.uk

LS29 is a local parent led group for families with children who have additional needs. They provide fun family days out and evenings for parents.

Seen & heard empowerment group

Contact -

Telephone 01274 531466

Website www.barnardos.org.uk/seenandheard

Email joanne.rhodes@barnardos.org.uk

This group is for children and young people under the age of 21 who have disabilities and complex health needs. They meet once every 6 weeks, Tuesday evenings, 5 to 6.30pm at the Seen & Heard Building, Shipley. Meetings provide an opportunity for children & young people to express their views about issues that are important to them. The group uses art, drama, movement and music at their sessions and also delivers drama sessions to schools on issues facing children with disabilities.

SNAPS - Special Needs And Parent Support, Leeds

Contact -

Telephone 07964847775

Website www.snaps-vol.org.uk

Email angie@snaps-vol.org.uk

This is a support group for families caring for children with special needs in and around the Leeds area. They meet fortnightly providing support and activities for the children and their families. A toy library is also available. Contact for further details.

SNOOP/Happy Little People Playgroup

Contact -

Newlands House One, Newlands Way Bradford BD10 0JE

01274 292126

Website www.snoopcharity.org.

Email 2carols@snoopcharity.org.

SNOOP (Special Need Objective Outreach Project) offers before and after school care and holiday/care schemes for children and young people with disabilities and complex health needs aged 2-25 years. SNOOP is open 50 weeks per year (apart from the odd Bank Holiday Monday) from Monday to Friday between the hours of 7am and 6pm.

Stay and Play Plus at Hirstwood Nursery, Children's Centre Plus

Contact -

Hirstwood Nursery, Clarence Road, Shipley, BD18 4NJ

Deborah Sharp on 01274 584368

Email office@hirstwoodschool.co.uk

Sessions specifically designed for children aged 0 to 5 with additional needs and their siblings. The sessions provide an opportunity for children to play and make friends and for parents and carers to meet and chat. The sessions are facilitated by specialist staff and there are opportunities to meet with other agencies from time to time, eg, health visitor, speech & language therapist. Sessions take place every Friday mornings 9.15 to 10.45, snacks and drinks provided, £2 per session. The Hirst Wood Nursery centre also has a sensory room that can be booked to use free of charge, training on how to use the room is provided.

Stay & Play Plus At Phoenix School, Keighley

Contact - friendsofphoenix@hotmail.co.uk

Jason Patefield on 01535 607038

A school for children with disabilities hold stay and play events in the school holidays. Soft play, arts & crafts, water play, music, WII, hydrotherapy pool available. Normal admission is £4 for the first child and £1 per extra child plus a yearly membership fee of £5. For dates and more information contact Jason.

Sunshine and Smiles Leeds Down Syndrome Support Network

Contact -

Telephone 0113 2268457

Website www.sunshineandsmiles.org.uk

Email hello@sunshineandsmiles.org.uk

A fun and friendly support group based in Stainbeck Community Hall, Leeds, come along and meet other parents whilst your child socialises and explores the many different activities

on offer. Check website for full details.

Yorkshire Down Syndrome Group

Contact - www.YorksDSG.co.uk

Email Yorkshiredsg@gmail.com

Telephone Claire 07979278338 or Adelle 07533064336

The group, based in Batley runs fortnightly on a Saturday at Healy Community Centre, West Park Road, Healey, Batley, WF17 7EL. Sessions are free and open to all ages, the aim is to bring families who have a child with Down syndrome together to support each other whilst having fun and taking part in games and activities.

Other services offering support

Barnardos Newsletter, Parents Participation Service

Contact -

Tanya Wormald or Reena Uddin on 01274 481183

Email Tanya.wormald@barnardos.org.uk or reena.uddin@barnardos.org.uk

Tanya Wormald and Reena Uddin, based at Barnardos produce a monthly newsletter to keep families up to date on the developments of The Aiming High for Disabled Children initiative. If you would like a copy of their current newsletter please contact.

Bradford Young Carers

Contact -

Telephone 01274 481183

Website www.barnardos.org.uk/bradfordyoungcarers

Many siblings of children with a disability are often much more involved with their care than other children who help with their younger brothers and sisters. As this may impact on their lives, Bradford Young Carers provide advice, support groups, activities and monthly contacts where young carers can discuss what's happening in their lives. For more information contact Barnardos on the above number or visit the website.

Bradford Families Information Service

Contact -

Telephone 01274 437503

Urdu/Punjabi Helpline 01274 431252

Website www.fis.bradford.gov.uk

Email fis@bradford.gov.uk

facebook.com/BradfordFIS

BFIS is part of Bradford Council and offers information and advice on Childcare and Nursery Education, holiday playschemes, childrens activities, places to visit, sports and leisure activities, activities for children with additional needs and family support services. Contact for further information.

Contact A Family

Contact -

Free helpline 08088083555

Website www.cafamily.org.uk

Email info@cafamily.org.uk

CAF is a UK based charity for families of children with disabilities. They offer a free helpline, visit the website for more information and articles, and subscribe to their newsletter

Carer Support Workers

Contact -

Telephone Airedale PCT 01756 700888, Bradford PCT 01274 323479,

Harrogate PCT 01423 500555

Each hospital now has a Carer Support Worker. Their role is to support individual carers and to take issues or concerns forward. There is a worker for Bradford, Airedale and Harrogate, contact the relevant worker for your area.

Carers UK

Contact -

Advice Line 0808 808 7777

Website www.carersuk.org

Email advice@carersuk.org

Carers UK have produced a booklet detailing what rights carers have and how they can get financial help, practical help and combine work with caring, the advice line is open Monday-Friday 10am-4pm

Carers' Connection Bradford

Contact -

Manningham Health Clinic, Lumb Lane, Bradford, BD8 7SY

Telephone 01274 323323

Website www.bdct.nhs.uk/our-community-health-services

Email carers.connection@bdct.nhs.uk

Offer an enquiry service on any matters of interest to carers such as health and social care, holidays, equipment, leisure and well being. A monthly newsletter is distributed to carers on the mailing list which includes details of recreational activities. Based at Manningham Health Clinic and Shipley Carers Resource Centre or visit the website.

Carers Leeds

Contact -

6-8 the Headrow, Leeds, LS1 6PT

Telephone 0113 3804300

Website www.carersleeds.org.uk

Email info@carersleeds.org.uk

Service similar to that above, but based in Leeds rather than Bradford. Contact for further information or visit the website. The centre is open Tuesday to Friday 9.30 -3.30 and the call centre is open Monday to Friday 10-4.

CARE DYNAMICS YORKSHIRE

Contact -

Unit 5/6 Carlisle Business Centre, Carlisle Road, Bradford BD8 8BD

Telephone 01274 307533 Email info@caredynamics-yorkshire.co.uk

Website www.caredynamics-yorkshire.co.uk

Care Dynamics Yorkshire are a Bradford based team we have recently met who offer support to families caring for a child or adult with a learning disability. Cheryl and Donna are passionate about finding the best solution to meet families social care needs. They both have extensive knowledge and experience of providing specialist services and have worked in social care for the last 20 years. Their team are trained to care for people with a learning disability, sensory and communication impairments, brain injuries and people who present challenging behaviour. They can provide care from as little as one hour, night sitting in the home, respite and holiday support, support to enable people to access play, leisure and recreational facilities and personal care. Payment can be via Direct Payments or on a private basis and fees are approx. £15 per hour.

Cerebra

Contact - www.cerebra.org.uk

Telephone Lynne Bowker 07920106218

Email Lynneb@cerebra.org.uk

Lynne is the Regional Officer for our area. Lynne is happy to visit families and professionals who are the primary care providers involved with the child's wellbeing. She aims to provide information, signposting, referrals, advice, guidance and advocacy. The services available are Grants scheme, postal lending library books, toys and sensory toys, support with sleep problems, speech therapy vouchers, holiday homes and will and trust service.

Cool 2 Care

Contact -

Telephone 0845 123 5484

Website www.cool2care.co.uk

Email info@cool2care.co.uk

Cool2Care is a childcare introductory service that recruits, screens and trains care-workers (Personal Assistants, PAs), bringing together families with disabled children or young adults and people who want to work caring for them.

Debenhams Personal Shopper

Contact -

Telephone 0844 5616161

Debenhams provides a service where you can engage a personal shopper. You will be taken to a dressing room and provided with refreshments whilst you shopper goes off in search of suitable clothing. For more information or to make an appointment contact the above number.

Disability Advice Bradford (DaB)

Contact -

103 Dockfield Road, Shipley, BD17 7AR,

Telephone 01274 594173

Website www.bradforddisabilityservices.co.uk

Email enquiry@disabilityadvice.gov.uk

DaB is an independent registered charity offering free and impartial information and advice

to people with disabilities and carers of all ages in the Bradford District. It is based in Shipley, contact them for more information.

Disability Equipment Bradford (DEB)

Contact -

103 Dockfield Road, Shipley, BD17 7AR

Telephone 01274 592474

Website www.bradforddisabilityservices.co.uk

Email enquiry@disabilityadvice.gov.uk

Disability Equipment Bradford is partners with DAB above. It has a demonstration centre in Shipley, with a wide range of equipment to help with daily living activities. Open days are held to give families an opportunity to look round and try things out. There is a resident occupation therapist to offer advice on suitability. No referral is necessary. For more information visit the website.

Disability Tool Kit

Contact -

Telephone 020 7613 2886

Website www.disabilitytoolkit.org.uk

Email Dsiability-Resource-Website@childrenssociety.org.uk

Visit the above website for access to a database of resources to help children with disabilities to participate in decision making and activities. Some are free.

Disabled Children's Information Service (DCIS)

Contact -

Telephone 01274 437503

Website www.bradford.gov.uk/fis

DCIS distribute a free quarterly newsletter for families of children with a disability. Contact Early Years, Childcare & Play based at the Wool Exchange in Bradford for further information and to sign up for their newsletter.

Dogs for the Disabled

Contact -

Website www.dogsforthedisabled.org

Dogs can be trained to have a positive impact on a child's behaviour. The dogs trust hold workshops to help you find a suitable dog, what to look for, how to read a dogs behaviour and ways to train a dog so that it can help your child. For further information visit the website.

The Family Hub and A Brighter Future magazine

Contact -

Freephone 0800 731 0640 or 01132 474386

Website www.thefamilyhubleeds.org

Email family.hub@leeds.gov.uk

This is a quarterly magazine produced for Leeds families caring for a child with a disability. It details information and events in the area.

Face 2 Face—Parents supporting parents of disabled children

Contact -

Telephone 0808 800 3333

Website www.scope.org.uk/face2face

Email helpline@scope.org.uk

Face 2 Face, part of Scope in partnership with Relate, offer a free and confidential service that links parents of disabled children with local befrienders. They also offer a free live web chat counselling service with Relate, the relationship experts for anyone whose family relationships are in difficulty. For more information on strengthening families including sleep solutions and details on the latest training courses and booking forms please contact.

Inclusion North

Contact -

Telephone 01132 626409

Website www.inclusionnorth.org

Email info@inclusionnorth.org

Inclusion North produce newsletters 4 times a year to share events, training and social gatherings.

Jargon Buster

Website www.thinklocalacrpersonal.org.uk

The Think Local Act Personal have produced a "jargon buster" guide to the most commonly used social care words and terms which may help people with limited English.

Leeds Family Placement Service

Contact -

3rd Floor, West Merrion House, 110 Merrion Centre, Leeds, LS2 8QS

Telephone 01132 478934 or 01132 478584

Website www.leedsgov.uk/familyplacementchildren

Email familyplacementchildren@leeds.gov.uk

This service offers sitting, day care and overnight short breaks. For more information visit the website or contact on the above number.

Leeds Parent Partnership Service

Contact -

Telephone 0113 3951222 Monday to Friday 10-3 pm

Website www.leedsparentpartnership.co.uk

Email education.pps@leeds.gov.uk

The parent partnership is designed to help you as parents and carers of children with special educational needs (SEN), receive the right advice, information and guidance to make the necessary right choice for your child. The PPS offer a range of information and booklets.

People In Action Leeds (Play In Action)

Contact -

Telephone 0113 247 0411

Website www.peopleinaction.org.uk

Email Gillian.karakaya@peopleinaction.org.uk

Play In Action offers 4 hours short breaks for children and young people with disabilities aged 8 to 13 and their siblings. The scheme is based on play work principles and aims to give children their own activities and learn through play. The project runs at two locations—Otley and Burley, please contact for further information.

Website For Personal Assistants

Two websites have been set up for Personal Assistants and their employers so that they can share experiences and support each other.

If you are a Personal Assistant and are interested in developing your skills you might be interested in the free learning courses offered by Unison. Details of all the free courses are on the website—www.pa-unison.org.uk

If you are interested in employing a personal assistant and want further information about developing their skills then this website created by Skills for Care could be helpful, www.paskills.org.uk

Short Breaks Network

Contact -

Telephone 01749 689259

Email info@shortbreaksnetwork.org.uk

Website www.shortbreaksnetwork.org.uk

Shared Care Network represents around 180 services UK wide providing short break services to support disabled children and their families. This provides parents and siblings with the opportunity to have time to themselves to do things they want to do. There are services based in both Bradford and Leeds.

Shared Care Bradford

Contact -

Aire Building, 35 Saltaire Road, Shipley, BD18 3HH

Email shared.care@bradford.gov.uk

This service was previously known as "Give Mum a Break". It offers short breaks to children and adults who have a disability. You must register through Social Services and there may be a waiting list.

The Questions That Young People Want Answered But May Be Unable To Ask

Contact—Media Office 0207 843 6045

Website www.youtube.com/EarlySupportEngland

Email media@ncb.org.uk

A series of films, addressing the questions that every young person has at some point wanted to ask, has been made freely available online by Early Support.

The films are aimed at disabled young people, who provide the content and who appear on-screen sharing their opinions and experiences. However, the themes will be of interest to any young person who is struggling with issues like, how to say "I love you", getting work and relationship advice.

Webiste Worth A Visit

Contact -

Website - www.dotcommunity.co.uk

The website is aimed at providing a disability directory for the UK. Click on an area of the country eg West Yorkshire and then click on the subject, eg social activities.

Working Families Booklet Form Child To Adult

Contact -

Website www.workingfamilies.org.uk

A guide to disability , transition and family finance is now up on Working Families Website.

Support for young adults (in alphabetical order)

ARC- Association For Real Change

Contact -

Email contactus@arcuk.org.uk

Telephone 01246 555043

Website - www.arcuk.org.uk

ARC produce an electronic monthly newsletter full of information for parents, carers and supporters of young people who have a learning disability.

Bradford Travel Training Unit

Contact -

Chris Walters (Unit manager) 01274 436199/433247

Website - www.bradfordtraveltraining.co.uk

Email bradfordtraveltraining@gmail.com

The Travel Training Unit is based at Bradford College and provides mobility training for people with learning difficulties. It is open to all non-independent travellers as well as to those who wish to learn a new route or simply improve their travel skills. The Travel Training Unit will accept referrals from anyone with a learning difficulty from 14 upwards. For further details contact Chris Walters or complete the referral form on the website.

Clothing Solutions for Disabled People

Contact -

Telephone 01274 292291

Website www.clothingsolutions.org.uk

Email enquiries@clothingsolutions.org.uk

This project aims to both understand and meet the clothing needs of disabled people. Items can be specifically made (including larger bibs and popper vests) or an expert alteration service is also available. Home visits are also offered.

Connexions

Contact-

Bradford Connexions Centre, Culture Fusion Information & Advice Centre,
125 Thornton Road, Bradford, BD1 2EP Tel 01274 377800 or

Keighley Connexions Centre, 79 Low Street, Keighley

Telephone 01535 618100

Website - www.bradford.gov.uk/kcc for the Keighley Centre

www2.cxdirect.com for the national careers service

Connexions Bradford is a support service for all young people between the ages of 13 and 19, if your child has a learning difficulty or disability we can carry on helping until your child is 25. Connexions Personal Advisors are there to offer you information, advice and guidance, career planning and lifestyle. There is also a centre in Keighley and a national careers service website.

Help I'm Lost Card

Contact -

Telephone 01274 292127

Email 2carols@snoopcharity.org

Website www.snoopcharity.org

A safe place scheme now operating in Bradford for people who have a learning disability or additional needs. Fill out the back of the card with emergency contact details and carry the card with you. There are 900 places in Bradford where people can go for assistance.

The Information Shop for Young People

Contact -

Culture Fusion Information & Advice Centre, 125 Thornton Road, Bradford BD1 2EP

Tel 01274 432431

Website www.bradford.gov.uk

Based in Bradford City Centre, this is a service shop for all people aged up to 25. Help on any queries that affects a young person's life.

Luv2meetu—Bradford

Contact -

Katie Hammond on 07747461225

Website www.luv2meetu.com

Email Julia.hall@hft.org.uk

Luv2meetu is a friendship and dating agency for adults with a learning disability across the North of England. If you want to have fun and make friends or meet a boyfriend, girlfriend or partner then contact Julia.

Moving into Work, (free resource)

Contact -

Website www.niace.org.uk

This is a set of six free information sheets supporting people with learning difficulties in making the transition from vocational education and training into employment. Each sheet is aimed at a key player in the process:

- People with learning difficulties
- Parents and carers
- Employers
- Further education practitioners

- Managers and co-ordinators of vocational
- Training courses
- Information, advice and guidance services

People First

Contact -

Telephone 01535 607222

Website www.peoplefirstkc.co.uk

Email peoplefirst@live.co.uk

This organisation, based in Keighley, is run by and for young adults with learning disabilities. They enjoy eating out, dancing, cinema etc and have weekends away and days out in the summer. The club produces a colourful and interesting newsletter.

People In Action (Play In Action)

Contact -

Telephone 01132 470411

Website www.peopleinaction.org.uk

Email Gillian.karakaya@peopleinaction.org.uk

People in action support young adults with learning difficulties and disabilities to achieve their personal aspirations—what they want ! The groups meet regularly at different times of the day including weekends and school holidays. They do different activities and they also have support services for young people and young adults, visit the website for more information.

SNOOP Support Through Transition Planning Café

Contact -

Telephone 01274 292126

Website www.snoopcharity.org

Going through transition ? SNOOP can help you to plan for what makes a good life for your child in adult services. The café is open to parents, carers and young adults with the aim of providing an opportunity to share experience and discuss making choices and planning the life you want and how best to support it.

Special Friends - social website

Contact -

Website www.specialfriendsonline.com

is for people with learning disabilities, their parents, carers and volunteers. The website includes portfolios of people who have achieved outstanding things, "Meet Our Heros" eg a young man with Down syndrome who sings in a band. There is a video of this and it is brilliant. There are also many links to other websites on Down syndrome, opportunities to chat with friends, share stories or send in your own pictures.

Hft -Supported Employment

Contact -

Telephone 01274 321480

Email hftbradford@hft.org.uk

Everyone has the right to work if they want to - our aim is to provide the right support to make it happen.

We have a specialist Supported Employment team, who use a person centred approach to help people decide the most appropriate type of job for them. Our job coaches then support them to learn the skills they need and provide support at work. We work closely with the Workers Education Association and have developed a very successful "Off To Work" programme, which enables people to create their own comprehensive work plan.

FUNDING & BENEFITS

Benefits Advisor

Contact -

Website www.direct.gov.uk/benefitsadviser

To find out how much benefit you may be awarded or how potential new circumstances may affect your benefits visit the website.

The site allows visitors to obtain advice on the benefits they claim and estimates of the amounts.

BLUE BADGES

Contact -

The Disabled persons team 01274 438721

Website www.dft.gov.uk (Type in Blue Badge in search option)

The Government is introducing changes to the Blue Badge Scheme from 1st January 2012, Blue Badges will be made and issued centrally for the whole country, but assessing who qualifies for a badge will still be done locally. You will be able to apply for a Blue Badge online on the direct.gov website, and in Bradford the amount charged for a Badge will increase to £10.00. ALL Blue Badges due to be issued after 31st December 2011, including renewal applications, will be processed under the new scheme. The Department for Transport is the organisation that is responsible for the Blue Badge Scheme nationally. If you would like more detail about the changes to the scheme, go to their website. A blue badge is available to a child over the age of 2 years who receives the higher rate of the mobility component of DLA. Contact 'Travel concessions for disabled persons team' for further details.

Blue Badge Facilities online

Contact -

Website www.direct.gov.uk/en/DisabledPeople/MotoringAndTransport/Bluebadgescheme/

Directgov's online map of parking facilities for Blue Badge holders includes a rail map feature, with accessibility information for more than 2,000 train stations. This enables people who have a Blue Badge to plan journeys in the UK more easily and book direct assistance in advance. The map also features accessibility information for more than 160 major football stadiums. This should help Blue Badge holders, their friends and family have a better experience at a game, whether home or away! To find out more visit the website.

Carers Allowance (CA)

Contact -

Website www.dwp.gov.uk

If you earn below £102 per week (this limit is increased if your partner is on a low income) and your child is on the middle or higher rate of DLA you may be eligible for this benefit. The amount is £61.35 per week. You can apply on-line at the above website or contact the Leeds Disability Benefits Centre for further information.

Cerebra

Contact-

Helpline 0800 3281159

Website www.cerebra.org.uk

Email info@cerebra.org.uk

Visit the Cerebra website for information and support in many areas including their speech and language voucher scheme, their wills and trusts voucher scheme and the holiday house scheme. Additional funding in the form of vouchers to be spent on services to aid you and your child. Application forms are easy to complete, you just need evidence that your child is on middle or higher rate DLA. Lynne Bowker is the Regional Officer for our area. Lynne is happy to meet families and professionals who are the primary care providers involved with the child's wellbeing. She aims to provide information, signposting, referrals, advice, guidance and advocacy. The services available are grant schemes, postal lending library books, toys and sensory toys, support with sleep problems, speech therapy vouchers, holiday vouchers and will and trust service, Lynne can be contacted on 01457 879049 or 07920106218 or you can email Lynneb@cerebra.org.uk

Council Tax Benefit

Contact -

DAB Advice Line on 01274 594173

Website www.dwp.gov.uk

Disabled people and their carers may receive a discount on their council tax bill. For a leaflet "Council tax: a guide to paying your bill", contact your local Social Security office or call the DAB advice line. Information is also available on the website where you can find on-line information using the A-Z listing.

Benefits that may concern you are listed below. The weekly figures given are a guide.

DLA (disability living allowance)

Parents/carers of children with Down syndrome will qualify for DLA. The application forms can be quite daunting but don't be put off—ask for help. Ring 03457 123456 to get yours. Visit the DSA website (www.downs-syndrome.org.uk) where you can download some very useful booklets to help you fill in your claim forms.

Three weekly rates are currently awarded for children

Lower-£21.55 Middle-£54.45 Higher-£81.30

DLA Mobility Component

Parents/carers who receive DLA will be eligible to apply for this additional benefit when your child is 3 years old. Currently there are two possible weekly rates of £56.75 and £21.55 Information is available on the website www.dwp.gov.uk. From October 2013 DLA for the over 16's will be replaced with a new benefit—Personal Independent Payment (PIP), check the DSA website for details.

Direct Payments

Direct payments are an alternative to receiving part or all of your services from Social Services. After your social care needs have been assessed they give you money to arrange your own services to meet these needs. The scheme is intended to give you more independence, flexibility and choice. You are the one who decides how your needs will be met. For more information, contact the Direct Payments Support Service on 01274 438700 or ring Kate or Daniel at DAB on 01274 434191.

Equipment for children and young people with disabilities

Contact -

Telephone 01244 335622

Email info@childrentoday.org.uk

Website www.childrentoday.org.uk

The Children Today Charitable Trust awards grants for a wide range of equipment for children and young people with disabilities. Eligible equipment includes: powered, manual and sports wheelchairs; specially adapted tricycles, bicycles, buggies and walking aids; and specially designed sensory equipment ie Fibre Optic Sprays.

Family Fund

Contact -

Telephone 01904 621115

Email info@familyfund.org.uk

Website www.familyfund.org.uk

The family fund trust provides information and financial help related to the care of a child with a disability. Grants are given for washing machines, holidays and leisure activities, driving lessons, bedding, hospital visiting, visit the website or contact them on the above telephone number for more information. Available to low income families raising disabled or seriously ill children or young people aged 17 or over.

Income Support (IS), Child Tax Credits & Working Tax Credits.

Contact -

Telephone 01274 594173

Website www.taxcredits.inlandrevenue.gov.uk

If you are on a low income you may also qualify for these benefits which are means tested. You can apply online, or contact for further information.

Pensions From April 2010

Contact -

Pensions Service on 0845 6060265

If you are a carer and care for a dependant child under the age of 12 years or care for a disabled person for at least 20 hours per week from April 2010 you may be able to build up entitlement to a state pension through the new National Insurance contribution credits even if you are not in paid employment you are building up credits towards your basic state pension.

Small Carers Grant (available yearly)

Contact -

Telephone 01274 449660

Email smallgrant@carersresource.org

A carers grant can provide a payment to help you do something for yourself as a carer, this might include help towards the costs of learning a new skill or interest.

To request an application for please email or telephone the above.

ACTIVITIES (in alphabetical order)

Able 2 Pontefract Special Olympics

Contact -