

# Finding Your Way 2013

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

*compiled by*

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Information Officers  
County Health Partnerships

Updates and a pdf version of the directory are available  
on the IRIS Project website at  
[www.askiris.org.uk](http://www.askiris.org.uk)

and personalised information prescriptions from  
[www.nottsinfoscript.co.uk](http://www.nottsinfoscript.co.uk)

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

Information Service

0115 8831157/8

text 07500 102796

[infoservices@nottshc-chp.nhs.uk](mailto:infoservices@nottshc-chp.nhs.uk)

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## **Key:**

(repeated at the bottom of each page)

**f** Facebook

**t** Twitter

All website addresses (URLs) are as 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 Centres 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. Children with Down's syndrome should have an additional insert for the Red Book with special growth charts etc (the latest edition of this is dated 2011). There are special growth charts for children with other conditions eg. Turner Syndrome, Williams Syndrome and Achondroplasia. Ask your health visitor about this and contact the Information Service 0115 8831157/8 if you are unsure whether a special growth chart is available for your child.

Parents/carers with a child with more complex needs may find the Early Support File helpful (see page 39)

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

There are several ways to get help and advice. You can talk to your own doctor (GP), health visitor or school nurse or to a community paediatrician (a paediatrician specialises in children's health). Health visitors, community paediatricians and school nurses work closely together to promote the well-being of children in the community and to prevent ill-health. They try to identify any problems children may have as early as possible so that they receive whatever help and support is available.

If you are concerned about your child's symptoms but are unsure whether to see the doctor you can ring the NHS 111 Service. For minor injuries/illness you can also use the NHS Walk-In Centres. You can use the Pharmacy First scheme for minor conditions e.g., head lice. How to do all this is explained below.

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

A GP is usually the first point of contact and provides open and unlimited access to all types of patients and for all types of health problems. He or she can prescribe medicine, provide immunisations, arrange for tests or a specialist examination and put you in touch with other health services. 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) Everyone living permanently in Great Britain has the right to be registered with a GP and you can change GPs simply by registering with a different GP (it's helpful to take your medical card/NHS number with you). You do not need to give a reason and you do not have to tell your current GP although it may speed up the transfer if you do. People in some parts of Nottingham can choose a GP where convenient rather than by area where they live—so you could pick one nearer to work or school etc. In Nottingham you can also use:

**8am to 8pm Health Centre***79a Upper Parliament St, City Centre NG1 6LD*

Telephone 0115 883 1960

GP led health centre open from 8am to 8pm every day of the year for both drop-in and appointment services.

**Talk to your health visitor**

Health visitors are nurses or midwives with further training in child development and promoting health and wellbeing. They can give advice and practical help to enable your child under 5 years to stay well and to cope with illness. They can refer your child to local services, help you contact support groups and arrange for you to get medical aids e.g. nappies from age of 4 years. Your GP or your local health centre (see list of health centres at the end of this section) will be able to put you in touch with your health visitor. Health visitors also run clinics at local Children's Centres (see *Childcare* section). If you live in Bassetlaw you can contact health visitors or leave messages by phoning 01777 274422. If you live in other areas of the county and 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**

Available between 9 and 5pm. Contact the numbers below for the area where you live

Ashfield	07827233384
Broxtowe	07827233382
Gedling	07792723694
Mansfield	07827233389
Newark	07827233391
Rushcliffe	07827233387

**Talk to the school nurse**

All mainstream state schools should have an allocated School Nurse. For children/young people who are home educated or attend a private school, contact will be via the health centre in the area where the family lives. In Nottingham city a confidential drop-in service is offered in all secondary schools by a registered nurse and you can access the school health team in primary schools by a referral and appointment system. Children with a city GP who go to school in the county can use the city service.

School nurses can offer advice and information on a range of health issues such as immunisations, healthy eating, behaviour difficulties, bullying, emotional health, continence issues eg. bedwetting, adolescent sexual health and other issues which affect the child/young person's education and well being. They can help to ensure young people with disabilities or long term illness receive support. Your school should be able to put you in touch with the school nurse, but you can also contact them via the health centre bases below. Please note that a family of schools includes one or more secondary schools and their feeder primary schools.



**Ashfield**

Ashfield, Sutton Centre and Quarrydale families of schools

01623 557136 (Oates Hill Health Centre)

Selston Arts and Community College family of schools

01773 810245 (Selston Community Centre)

**Bassetlaw**

*School Health Department, Retford Hospital, North Rd., Retford, Nottm. DN22 7XF  
01777 274422 (parents can leave messages for any Bassetlaw school nurses here)*

**Gedling**

School nurses are based at:

Byron Court in Arnold 0115 8831708

Calverton Health Centre 0115 8831010

Hucknall Health Centre 0115 8832100

Park House Health and Social Care Centre 0115 9935599

(You can leave messages for any of the school nurses at Park House)

**Broxtowe**

School nurses are based at the following health centres:

Beeston 0115 9254281

Eastwood 01773 712 218

Stapleford 0115 8835000

If you are unsure at which centre your school nurse is based, school nurses at any base should be able to tell you.

**Mansfield**

Brunts family of schools 01623 785530

All Saints family of schools and

Samworth Church Academy of schools 01623 651261

Queen Elizabeth family of schools 01623 672152

Manor School family of schools 01623 420692

Meden family of schools 01623 848850

*Special schools:*

Fountaindale 01623 491027

Yeoman Park 01623 462677

**Newark and Sherwood**

*Child and Family Team, Balderton Primary Care Centre, Lowfield Lane, Balderton,  
Newark, Notts. NG24 3HJ*

01636 671545 (main base), 01623 791035 (Rainworth area)

**Nottingham City**

School nurses are based at Basford, Bulwell Riverside, Clifton, Mary Potter, Meadows, Sneinton, Strelley, St Ann's Valley and Wollaton Health Centres (for phone numbers see list at the end of the *Health* section).

**Rushcliffe**

School nurses are based at:

Bingham 01949 837944

Cotgrave 0115 9892627

East Leake 01509 852181

Keyworth 0115 8837000

West Bridgford 0115 8837302

If you are unsure at which centre your school nurse is based, school nurses at any base should be able to tell you.

## Talk to the community paediatrician

Community paediatricians are child health doctors who 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 can involve other specialists to help assess and treat your child if necessary. Your GP can refer you. The paediatricians' main bases are:

### Nottingham City

If you live in Aspley, Bilborough, Bestwood, Broxtowe, Strelley, Bulwell or Top Valley

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

Telephone 0115 8833438 (paediatrician's secretary)

If you live in Bakersfield, Sneinton, St. Anns, Victoria and surrounding areas:

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

Telephone 0115 8838724 (paediatricians' secretary)

If you live in Clifton or the Meadows you will come under St Ann's Valley Centre above: however you will probably be seen at

*Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8EW*

Telephone 0115 8786334 (paediatricians' secretary)

If you live in Hyson Green, Basford, Lenton, Dunkirk, Radford, Sherwood, Wollaton areas:

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

Telephone 0115 8834048/8834501

### Broxtowe Borough or Hucknall

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

Telephone 0115 8835530 (paediatricians' secretary)

### Gedling Borough

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

Telephone 0115 9935586 (paediatricians' secretary)

### Rushcliffe Borough

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

Telephone 0115 8837318 (paediatricians' secretary)

### Mansfield, Ashfield or Newark and Sherwood areas

*Community Paediatric Service, Child Health Department, Kings Mill Hospital, Mansfield Road, Sutton in Ashfield Nottinghamshire NG17 4JL*

For community paediatricians covering Newark area 01623 622515 ex 6464

For community paediatricians covering Ashfield area 01623 622515 ex 6465

For community paediatricians covering Mansfield area 01623 622515 ex 6452

Children can be seen at local health centres, rather than at Kings Mill.

### Bassetlaw

At present (October 2012) there is no community paediatrician service.

## When you are unsure whether you need to see a doctor

### NHS 111

People can ring 111 as an alternative to 999 for urgent medical advice for non-emergency situations. 111 is a freephone number and callers will be assessed and provided with the most appropriate care eg. advice, referral, ambulance. This service is a pilot service at present (October 2012) in some areas of the country including Nottingham City. It will be rolled out across the country from around April 2013. It will replace the NHS Direct service telephone 0845 4647.

## Visit an NHS Walk-In Centre

### NHS Walk-In Centre

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

Telephone 0115 8838500 for waiting times.

Open 7 days a week 7am–9pm including bank holidays. No appointment necessary. A nurse led service offering advice, information and some treatments. It is a ‘sit and wait’ service: patients are seen in order of attendance unless your need is assessed as urgent. Waiting times vary.

### Clifton Nurse Access Point

*Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8EW*

Open Mon, Thu, Fri, Sat and Sun 10am–6pm. An experienced nurse can give advice, treatment for minor illness and injuries and help with accessing further treatment. No appointment needed.

### NHS Walk-In Centre

*Rockingham House, 75 Broad Lane, Sheffield S1 3PB*

Telephone 01142412700

Open 7 days a week 8am–10pm. No appointment necessary.

### NHS Walk-In Centre

*Entrance C, London Road Community Hospital, Osmaston Road, Derby DE1 2RG*

Telephone 01332 224700

Open 8am–7.30pm. Disabled spaces outside and drop off point.

### NHS Walk-In Centre (Closing April 2013)

*Pinfold Gate, Loughborough, Leicestershire LE11 1BE*

Telephone 01509553998

Open 24 hours a day.

## Get help from your pharmacy

### Pharmacy First

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

This service gives you free advice from a pharmacist and medicines for a range of minor ailments. Conditions covered include head lice, teething, warts and verrucas, hay fever, conjunctivitis. To use the service, you must be registered with a GP in Nottingham or Nottinghamshire and be exempt from prescription charges or have a prescription prepayment certificate. You do not need to make an appointment with

your GP to get a prescription first, but you do need to join the scheme at a pharmacy which is part of the scheme (they should display a Pharmacy First logo.) If you have to pay charges the service can still help but will have to charge for any medicines supplied. The service is available in Nottingham City and in Ashfield, Broxtowe, Gedling, Mansfield and Newark. There is more information on the website which lists participating pharmacies. Children aged under 3 months cannot use this service and should always be seen by a doctor.

## 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. Some information is available in other languages and the 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 written by pharmacists and paediatricians and checked by parents and carers.

## Interpreting services

If you need an interpreter when you visit a hospital or health centre, tell the person who is making your appointment so that the interpreter can be booked in advance. You can't book the interpreter direct 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 either

### Pearl Linguistics

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 but does not supply sign language interpreters in the community. Pearl supplies both foreign language and sign language interpreters to Sherwood Forest Hospitals (Kings Mill and Newark, Mansfield and Ashfield).

### Interpreting and Translation Services

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

Telephone

0115 8831533

This service covers community services (eg. midwives, health visitors) and GPs in Nottingham City. It does not supply sign language interpreters. Your NHS worker can book via [www.nottsinterpreters.nhs.uk](http://www.nottsinterpreters.nhs.uk)

### thebigword

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/)

**Nottinghamshire Sign Language Interpreting Service***22 Forest Road West, Nottingham NG7 4EQ*

Telephone/Minicom 0115 9786984

Emergency/out of hours 07974396299

Fax 0115 942 3729

Email [nslis@nottsdeaf.org.uk](mailto:nslis@nottsdeaf.org.uk)Website [www.nottsdeaf.org.uk/nslis.html](http://www.nottsdeaf.org.uk/nslis.html)

Provides sign language interpreters for community services across whole of Nottinghamshire, including 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.

**Your child's dental care**

It is important to take your child to the dentist at an early age. Treatment and check-ups for children are free. 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 PALS services 0800 1830456 (Nottingham City) or 0800 0283693 (Nottinghamshire)

**NHS Walk-In Centre (Dental Treatment)***Seaton House, City Link, Nottingham NG2 4LA*

Your child can be seen at the Walk-In Centre whether or not he is registered with a dentist, although if your child is partway through treatment with his own dentist it is best to go back to this dentist if possible. If your child has no dentist (e.g. because of issues related to his special needs) the Walk-In Centre can deal with any immediate treatment and will help you find a long term solution e.g. referral to the Salaried Dental Service below. The Walk In Centre is open 8.30am—5.45pm Mon, Wed, Fri; 8.30am—6.45pm Tue, Thur; 8.30am—12.45pm Saturdays and Bank holidays but is closed Christmas Day. Drop in only, no appointments. To guarantee being seen by a dentist come as early as possible. Parents arriving near the end of the day may get advice only and their children may be seen the next day. You can ring NHS Direct (0845 4647) to see if you are likely to be able to see the dentist if you will be arriving near the end of the day. On Saturday and bank holiday afternoons and on Sundays if your child needs emergency dental treatment you need to ring the NHS Direct 0845 4647 who can arrange an appointment at the Nottingham Emergency Dental Service on Derby Road. For people over 18 who are not receiving certain benefits there is a £17.50 charge for dental work. Note that you may need to ring NHS 111 instead of NHS Direct from around April 2013 but actual arrangements are not known at present (October 2012).

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

Telephone 0115 9935540

Fax 0115 8830544 (urgent referrals)

Referral via your dentist, GP, nurse or other health professional. Dental care referrals accepted for children under 16 with learning disabilities, 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.

### **Community Dental Service**

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

Telephone 01777 274422

Referral via your dentist or a health professional. Sees children and adults with disabilities/special needs, including those who are extremely nervous. Referrals need to come to the service at Retford Hospital but patients can be seen there or at Harworth Clinic, Ollerton Health Centre, Mansfield Health Centre, Newark Health Centre, or Worksop Health Centre.

### **Oral Health Promotion**

Telephone 0115 9931485

The 'City Smiles' and 'Incredible Mouths' programmes ensure families receive free oral health information and toothbrushing packs through their health care professionals; midwives, health visitors and school nurses. 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 and they should ask for free fluoride varnish, a fruity tasting yellow gel. 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**

Dental practitioners can refer a child in acute pain for teeth extraction under a general anaesthetic. However this service does not see children with major systemic illness e.g. heart problems, poorly controlled asthma, hepatic or renal insufficiency, contagious infections, diabetes, sickle cell anaemia or bleeding disorders nor does the service see children with behavioural problems leading to difficulties in cooperation eg autism or ADHD. Other treatment options such as local anaesthesia and sedation must have been tried or discussed with parents. Extraction takes place at GA Suite Maxillo-Facial Department, B Floor, West Block Queens Medical Centre.

### **Your child's hearing**

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 website: [hearing.screening.nhs.uk](http://hearing.screening.nhs.uk) However, if you are worried about your child's hearing as he gets older, see your health visitor or GP: a hearing problem can affect a child's whole development so it is important it pick it up as soon as possible. The services below can assess hearing:

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

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

Telephone 0115 948 5591 (children)

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

Babies who have missed the newborn test for any reason will be referred to CHAC for a check at 8 months of age. Children will also be referred following the newborn test if there are concerns. Professionals can refer children but families can contact CHAC direct if they are worried about their child's hearing and they live in Nottingham or Nottinghamshire. CHAC can fit and monitor hearing aids and refer on to other services following assessment as appropriate.

### **Community Paediatric Audiology (Hearing) Service**

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

Telephone 01623 622515 ex 6444

Referral via your GP, health visitor, school nurse for hearing assessment and for hearing aids. Clinics are held in various centres in Mansfield, Ashfield and Newark and Sherwood areas. Where necessary children can be seen by the hospital audiology service at Kings Mill Hospital.

### **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.

### **Nottingham Auditory Implant Programme**

*Ropewalk House, 113 The Ropewalk, Nottingham NG1 5DU*

Telephone 0115 9485549/9485533/9485565

Minicom 0115 9485503

Mobile/text 07976190003

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

A cochlear implant is an electronic device designed to provide sound information directly to the hearing nerve in the ears of individuals who have a severe to profound sensorineural hearing loss. It stimulates the nerve directly and is used when conventional hearing aids cannot provide enough benefit, which usually means they cannot provide enough benefit to understand spoken language. Your child would usually be referred by an ENT (ear, nose and throat) consultant but referrals are accepted from GPs and audiologists. You can find out more at [www.nuh.nhs.uk](http://www.nuh.nhs.uk) (under Services) 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)

Provide independent information, education and support for deaf children, young people and adults with cochlear implants and other hearing technologies, their families and their supporting professionals. Carry out child and family-centred research in the

field of cochlear implantation and other hearing technologies. Can provide overnight accommodation for families travelling some distance to Nottingham for assessments. Contact for more details and booking. Connect and Communicate programme for children who have had cochlear implants, dates on website.

## **Your child's speech and communication**

Your local Children's Centre (see *Childcare and children's centres* 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 or teacher. You may also want to look at information about ICan, the Talking Point website, Afasic and the Communication Trust (pages 39, 100 ) An appointment can be made for your child with the speech and language services below.

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

For Mansfield, Ashfield, Newark and Sherwood, please contact:

Telephone 01623 784323

For Broxtowe, Hucknall, Gedling, Rushcliffe, and Nottingham City, please contact:  
*Stapleford Care Centre, Church Street, NG9 8DB*

Telephone 0115 8835187

Provides specialist 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. Open referral system.

There is a separate team dealing with alternative and augmentative communication (the different methods of communication which children with disabilities can use as a alternative or a supplement to speech). This team is based at Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8AB and children would be referred via their speech and language therapist.

### **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.

## **Your child's diet, nutrition and weight**

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/foodfacts/](http://www.bda.uk.com/foodfacts/)

The following services work with children who need more support:

**Nutrition and Dietetics (Nottingham, Rushcliffe, Gedling, Broxtowe)**

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

Telephone 0115 8834327

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. 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. All these courses are free to city residents.

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 (0115 8831108) 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)**

*Nutrition and Dietetic Department, 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.

**Community Dietitians (Ashfield, Mansfield, Newark and Sherwood)**

*Mansfield Community Hospital,*

Telephone 01623 785183

Provide courses, healthy eating advice etc.

**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 16 and the adult service is also based here.

**Ketogenic Service**

Telephone 0115 9249924 ex 61629 (Jane Davison)

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.

### **Go4it (Nottingham City)**

*Referrals to: Go4it Programme Lead, Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8EW*

Telephone 0115 8831543 (via New Leaf team) or  
07711389493 (Coordinator: Tue-Fri)

Fun based sports and activity programme for children aged 5–13 who are overweight or obese and live in Nottingham City. Sessions take place at The Vine in Hyson Green (Mon), Jesse Boot Wildcats Arena (Tue) and at Haddon Park High School (Wed), Southglade Leisure Centre (Thu) and Clifton Leisure Centres (Fri). Venues correct as at autumn 2012 but may change. Parents can contact directly or children can be referred by their GP, paediatrician, health visitor, dietician etc. Free, lasts 12 weeks.

### **Family Healthy Lifestyle Programme (Ashfield)**

Telephone 01623 457233

A 10 week programme for families who want to increase their physical activity and learn more about healthy eating. Programmes for families with 4–6 year olds, 7–10 year olds and 11–15 year olds. Offered at Selston, Hucknall, Lammas and Festival Hall Leisure Centres. Phone for details of latest venues and dates.

### **Positive Moves (Gedling)**

Telephone 0115 9013661 (Paul McGinty)

For young people aged 8–15 years in the Gedling area with disabilities, medical conditions, social difficulties. Encourages them to participate in a variety of physical activities. Referral is via your paediatrician or school nurse or social worker. This is not specifically a programme for overweight children, but is aimed at children who, because of their special needs, find it hard to join a 'mainstream' sports session. The programme lasts 2 school terms but there is an 'Extra' scheme run by a voluntary committee for those wanting to continue after this. Positive Moves is currently (Sep 12) offered at Arnold, Redhill, and Carlton Forum leisure centres, at Carlton and Redhill Academies and at Netherfield Primary School (you do not have to attend these schools, Positive Moves uses their premises for sessions)

You may also find some of the other physical activities in the *Play* section of this directory useful.

## **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 (but not on a higher education course). It is recommended that all children have their eyes tested before they start school. You can find opticians/optometrists on the NHS Choices website: [www.nhs.uk](http://www.nhs.uk)

If your optician finds eye disease(s) he will refer you for further investigation and treatment. If you are concerned that your child may have a squint talk to your health visitor or school nurse who can refer you for further tests if needed.

## 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 87).

In some areas extra continence services are available:

### Continence Advisory Service (City)

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

Telephone

0115 8838900

The continence service works closely with school nurses to provide advice and training. If your child is aged between 3 and 18 years and attends a school in the city or lives in the city or has a city GP you can contact the service direct for advice.

Children's continence clinics now run at Boots Victoria Centre Health Clinic, Bulwell Riverside, Clifton Cornerstone, Mary Potter Health Centre (Hyson Green), Sneinton Children's Centre and Strelley Heath Centre. Clinics also run at Oakfield and Rosehill special schools.

If you receive nappies or continence pads you will be sent a callback 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)

Normally parents would speak to their GP, health visitor or school nurse for advice and can then be referred for more specialist help if necessary but parents of children aged 4 and upwards can contact the Continence Team via the single point of access on 01777 274422. The team can also 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 15)

## Clinical waste collections

Your local council can arrange free collections of infectious/hazardous medical waste. They will provide yellow sacks for this. Boxes can also be provided for sharp (needle/syringes) collections. The collections no longer include non-hazardous continence pads which should be placed in the non-recyclable bin. When you phone to ask for collections the councils will complete a form to send to your doctor or nurse (or send you the form to pass on). From this they will assess whether the waste is hazardous or non-hazardous. If you 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. To arrange collections/discuss whether an extra bin can be provided ring your local council:

Ashfield	0800 1838484/01623 457857
Bassetlaw	01909 534501
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 9152000
Rushcliffe	0115 9819911 <a href="mailto:customerservices@rushcliffe.gov.uk">customerservices@rushcliffe.gov.uk</a>

## Early support for children with more complex needs

### Early Support Programme

Telephone 0207 8436350

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

The Early Support programme aims to coordinate the services needed by the child and family with a key worker who can act as a single point of contact and support when families need this. The idea is to ensure services are delivered in a way which is child and family centred. The programme originally covered children until the age of 5 but is being extended from birth to adulthood. The website includes Early Support resources which you can download (about finance, education, health, sleep etc) and information on different conditions e.g. cerebral palsy, deafness, autistic spectrum disorders, visual impairment etc. Materials are being updated and new materials developed to cover the extended age range.

In Nottingham, Gedling, Rushcliffe and Broxtowe children may be referred to

### Early Support Nurse

*Childrens Centre, City Hospital Campus, Hucknall Road, Nottingham NG51PB*

Telephone 0115 8831147

Email [Felicity.copping@nottshc-chp.nhs.uk](mailto:Felicity.copping@nottshc-chp.nhs.uk)

A referral to the Early Support Nurse 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 (this can vary dependent on the needs of the individual child and family). The main role of the Early Support Nurse is to provide emotional and/or practical support. The Nurse will have regular contact with the allocated 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. The nurse 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 the different professionals that are based there. It 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**

### **Paediatric ASD and ADHD Nurse Specialist**

*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 or attention deficit hyperactivity disorder in Mansfield, Ashfield and Newark and Sherwood areas. Referral is via a community paediatrician only.

### **Bassetlaw Children's Community Learning Disability Nursing Service**

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

Telephone 01777 274422 (Single Point of Access)

This service complements the Children's Community Nursing Team in Bassetlaw. It offers information and advice for families and other professionals about special needs/learning disability, help with behaviour management in areas such as sleep, toileting, challenging behaviour, play, social skills. For children aged 3–18 years with moderate/severe learning disability or with a diagnosis of autism. Parents or any professional can refer. Children must be registered with a Bassetlaw GP.

### **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 21–22) for provision of necessary equipment and supplies and with Short breaks Team (page 110) to provide short breaks (not overnight) after assessment. Parent or professional can refer. Children must be registered with a Bassetlaw GP.

### **Community Children's Nurses**

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

Telephone 0115 8831107

Email [catherine.crawford@nottshc-chp.nhs.uk](mailto:catherine.crawford@nottshc-chp.nhs.uk)

[jaspal.virdi@nottshc-chp.nhs.uk](mailto:jaspal.virdi@nottshc-chp.nhs.uk)

[caroline.webster@nottshc-chp.nhs.uk](mailto:caroline.webster@nottshc-chp.nhs.uk)

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. Children must be under the care of a community paediatrician based at the Children's Development Centre on City Hospital Campus. Provide specialist skills to increase quality of life including hands on nursing, support and teaching for parents and carers etc. Asian languages spoken within the team. Ages 0–19. Referral via paediatrician/hospital consultant.

**The Wellbeing Service**

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

Telephone 0115 9249924 ex 66282 Jacqui McIntyre,  
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, Queen's Medical Centre Campus, Nottingham University Hospitals, 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, Nottingham University Hospitals NHS Trust, Derby Road, Nottingham NG7 2UH*

Contact Michelle Bennett and Sharon Douglass, Clinical Nurse  
Specialists Children's Pain Management

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. 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 (eczema) or 68479 (acne)  
Support for children with eczema or acne. Ages 0–adult. Team of specialist nurses.  
Referral via your hospital consultant.

**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)  
ex 62208 (Glyn Feerick, Marianne  
Wolverson, Caroline Saddington)

Messages can be left on 0115 9346411.

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

For urgent advice outside these times:

Telephone 0115 9249924 and 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 Nurse**

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

Telephone 01623 622515 ex 6879 or  
07764 897941 (Helen Marsh)

All children with diabetes in the Mansfield/Ashfield/Newark area should be referred when diagnosed and can then contact the nurse direct for advice. She offers support and education about diabetes for families, mainly through school or home visits and organises support group meetings. Ages 0–18. Professionals supporting children can also contact for advice.

### **Children's Epilepsy Services**

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

Telephone 0115 9249924 ex 63328 (Epilepsy Nurse Specialists)  
Email NUHNT.childneurology@nhs.net

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

Telephone 01623 622515 ex 6178 (Epilepsy Nurse Specialist,  
Mansfield Ashfield & Newark areas)

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

Information, advice and support to all families living with epilepsy. Ages 0–18 years. No need for referral. Designated epilepsy clinics take place 4 times a week at QMC. Clinics also run at Kings Mill. Website includes downloadable resources such as seizure diaries and leaflets about the drugs used in epilepsy.

### **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)

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, and can arrange meetings with school nurses/health visitors to give advice about an individual child.

**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  
07812286205 (Caroline Rose),  
07976190012 (Samantha Ball),  
07812268090 (Alison Campbell)

Care, education and support to children or young people aged 0–18 years diagnosed with cancer and their families. You can self refer. Expert knowledge and advice, home support, care coordination between hospital and home, discharge planning, information and support for schools, nurseries, colleges etc

**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. The nurse also works with teams of school nurses who have a specialist interest in asthma and allergy. 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, 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 and counselling 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.

**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 Stockdale/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.

**Life-limiting conditions**

There is a 'Wishes and Choices' document with supporting information and booklets to help families consider issues around end of life. The worker who is closely supporting your family could go through all or part of this document with you when you feel ready. You can do this well in advance and decisions you, your child and their siblings make can be revisited as you wish.

**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 District General Hospital, Kilton, Worksop, Nottinghamshire S81 0BD*

Telephone 01909 500990 ex 2513

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.

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

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

Telephone 0115 8831101

Email [infoservices@nottshc-chp.nhs.uk](mailto:infoservices@nottshc-chp.nhs.uk)

Specialist treatment centre and base for child development team covering the city and south Nottinghamshire. 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. The Early Support Programme (see page 14) and keyworking is used to provide a 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 and there is parking close to the entrance if your child has walking difficulties. A number of specialist clinics run at the Centre and there are 2 drop in clinics for which no referral is needed:

### **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 and physiotherapists and the chance to meet other families.

### **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 and paediatrician. Speakers at some sessions—details of dates and speakers available from:

Information Service 0115 8831157/8

Creche facilities may be available—please check in advance.

Other services based at the Children's Development Centre include

- Information Service see *Information services* section of this directory,
- Short Breaks Service see *Play* section of this directory,
- Community Children's Nurses see page 15,
- Therapy services see Children's Physiotherapy/Occupational Therapy page 21.

### **The Children's Therapy Centre**

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

Telephone 01623 785019

### **Child Development Team**

*Newark Health Centre, Portland Street, Newark, Nottinghamshire NG24 4XG*

Telephone 01636 652500

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.

## Children's physiotherapy

Physiotherapists help children with movement difficulties or respiratory problems. They aim to restore movement to as near normal as possible when someone is affected by developmental or other disability, injury or illness.

### Paediatric Physiotherapy Service

(Nottingham, Broxtowe, Gedling, Rushcliffe)

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

Telephone 0115 8831111

(Ashfield, Mansfield, Newark and Sherwood)

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

Telephone 01623 622515 ex 3375

Email [ian.johns@nottshc-chp.nhs.uk](mailto:ian.johns@nottshc-chp.nhs.uk)

Physiotherapy for children with conditions that affect their normal development skills to enable them develop their physical independence. Advice to parents on activities that can help to achieve this. Physiotherapists visit special and mainstream schools, nurseries and children's own homes as needed, and provide treatment in various clinics and health centres. They also treat children on the children's wards, including the neonatal unit, at King's Mill Hospital. Ages 0–19

### Children's Physiotherapy Bassetlaw

*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.

### Private Physiotherapists

If you are considering using a private physiotherapy service, make sure the therapist is properly qualified and is registered with the Chartered Society of Physiotherapy.

You can check this online at: [www.hpc-uk.org/check](http://www.hpc-uk.org/check) You should also ask if staff have been CRB checked.

### Physio4children

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 the Loughborough Physiotherapy and Sports Injury Clinic and at home, school or nursery. See website for conditions covered. Physiotherapists are chartered and state registered.

## Children's occupational therapy

### (Bassetlaw)

*Amelia Court, Building 1, Swanton Close off Randall Way, Retford, Notts. DN22 7AR*

Telephone 01777 274422 (Single Point of Access)

**(Nottingham, Broxtowe, Gedling, Rushcliffe)**

*The Children's Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*  
Telephone 0115 8831141 (OT office)

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

*The Children's Therapy Centre,  
Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Notts. NG17 4JL*  
Telephone 01623 785019

For children aged 0–19 with neurological, neuromuscular or genetic conditions, developmental coordination disorder, learning disabilities etc. Children can be seen at the centres (or at Bassetlaw hospital in Bassetlaw), school or at home following referral by a paediatrician or consultant. In Bassetlaw only, other health professionals can also make a referral. In Mansfield, Ashfield and Newark and Sherwood, special education needs coordinators in schools can refer to the developmental coordination disorder service. 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. Ages 0–19

**Your child's feet****Podiatry Services**

(Ashfield, Broxtowe, Gedling, Mansfield, Newark/Sherwood, Rushcliffe)  
*Podiatry Administration, Mansfield Community Hospital, Stockwell Gate,  
Mansfield, Nottinghamshire NG18 5QJ*  
Telephone 01623 785208

Your GP can refer you for community podiatry or biomechanics. All referrals for Nottinghamshire except for children with a city or a Bassetlaw GP should be sent here. However, families from the city or Bassetlaw can choose to be referred to this service if they prefer. The service covers all ages from babies to adults and children will be seen at their nearest health centre (for Bassetlaw families choosing to use this service, clinics will be at Retford or Tuxford only).

**Community Podiatry**

(Nottingham City)  
*Aspect House, Suite 6, 2nd floor, Aspect Business Park, Bennerley Road,  
Nottingham NG6 8WR*  
Telephone 0300 300 3333 (Podiatry Hub)

Referral via your GP or health professional (Nottingham City only). 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)**

*Bassetlaw Health Partnerships, 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 (autumn 2012) your health professional must make a referral although self referrals via the website may be available in the future. Changing Faces are a charity for people and families whose lives are affected by conditions, marks or scars that alter their appearance. More details about their services for children and parents are available from:

### **Changing Faces**

*Changing Faces, The Squire Centre, 33-37 University Street, London, WC1E 6JN*

Telephone 0845 4500275

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

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

Website for young people aged 11-21 years [www.iface.org.uk](http://www.iface.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 services because of where they live:

### **Department of Clinical Genetics**

*Sheffield Children's Hospital, Western Bank, Sheffield S10 2TH*

Telephone 0114 2717025

Area covered includes north Nottinghamshire.

### **Department of Clinical Genetics**

*Leicester Royal Infirmary, Leicester LE1 5WW*

Telephone 0116 2585736

## Your child's emotional and behavioural problems

If your child has emotional or behavioural difficulties it may be useful first of all to discuss the problem with your GP, health visitor or school nurse. Local Children's Centres can give support with some parenting issues and you can get advice from Family Lives (see page 87) and from Young Minds (see page 99)

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

There are 4 levels ('tiers') to the CAMHS service. At tier 1 CAMHS provides advice/training/support to staff in mainstream services (such as teachers, youth workers) to help them support children and young people. Tier 2 (targeted) services are the MALT services (for children in the city) and the Emotional Health and Wellbeing services (for children in the county). Tiers 3/4 are specialist and inpatient services. Families (or anyone referring the family) can contact the MALTs direct. To access all other services parents and families or anyone referring the child (eg. school nurse, teacher) should ring the Single Point of Access numbers 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. Referrals (other than those needing urgent assessment) will be allocated at least weekly to a tier 2 (Emotional Health and Wellbeing) team, to a specialist tier 3 service or returned to the referrer if another service would be more appropriate. For tier 2, the family should get an initial appointment within 8 weeks.

#### Single Points of Access North and South

Ashfield, Mansfield, Bassetlaw, Newark

*Single Point of Access, 17-19 St John Street, Mansfield Nottingham NG15 1QJ*

Telephone 01623 650921 Fax 01623 422026

Rushcliffe, Gedling, Broxtowe, Nottingham City

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

Telephone 0115 841 5812 Fax 0115 8440514

### The Tier 2 services

#### MALT (Multi Agency Locality Teams)

Offer early help for children aged 0–18 in Nottingham City to prevent emotional and mental health difficulties turning into severe and enduring mental health problems. Work with children, parents and the child's school. Each MALT includes workers covering Education Welfare, Educational Psychology and CAMHS. Families can self refer, although it can be helpful to have a referral from your school or GP.

#### Central MALT

(Areas around Aspley, Bilborough, Broxtowe, Radford and Wollaton)

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

Telephone 0115 9158900

#### MALT North

(Areas around Bestwood, Bulwell, Sherwood, Top Valley)

*Henry Whipple site, Padstow Road, Bestwood, Nottingham NG5 5GH*

Telephone 0115 8762160

**MALT South**

(Areas around Clifton, Meadows, St Ann's and Sneinton)

*Summerwood Lane, Clifton, Nottingham NG11 9DR*

Telephone 0115 8765828

**Emotional, Health and Wellbeing Service Ashfield**

*Ashfield Health Village, Portland Road, Kirkby in Ashfield Notts. NG17 7AE*

Telephone 01623 785373

Children need to have a GP within Ashfield (including Hucknall) to be referred (via single point of access as above). They provide 123 Magic courses and Chillax courses (for anxiety), Non Violent Resistance courses for parents of teenagers, Mind Gym (group cognitive behaviour course to help with anger management) etc. Help for parents of children newly diagnosed with ADHD or ASD.

**Emotional Health and Wellbeing Service Bassetlaw**

*Amelia Court 2, Swanton Close, off Randall Way, Retford, Notts. DN22 7AR*

Telephone 01777 274422 (via Single Point of Access)

**Emotional Health and Wellbeing Service Gedling**

*My Time Centre, Wollaton Avenue, Gedling, Nottinghamshire NG4 4HX*

Telephone 0115 8830822

123 Behaviour parenting courses, 'Emotions' group and other support. Children (up to 18) need to have a GP within Gedling borough.

**Emotional Health and Wellbeing Service Mansfield District**

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

Telephone 01623 425100 ex #657

'Support and Solutions Parenting Courses' and other individualised support.

**Emotional Health and Wellbeing Service Newark and Sherwood**

*Bowbridge Primary School Site, Bailey Road, Newark, Nottinghamshire NG24 4EP*

Telephone 01636 611469

123 Magic, Incredible Years, Strengthening Families parenting courses and post diagnostic support for families with a child with ADHD or an autistic spectrum disorder.

**Emotional Health and Wellbeing Service, Broxtowe Borough**

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

Telephone 0115 8835157

**Emotional Health and Wellbeing Service, Rushcliffe**

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

Telephone 0115 8837029 or 07768725216

Support for families who have been referred might include 123 Behaviour courses, understanding your teenager, understanding your anxious child.

**The Tier 3 services****Specialist Community Child and Adolescent Mental Health Services**

Provided by Nottinghamshire Healthcare NHS Trust for the whole of Nottinghamshire county including Nottingham city. They provide services including assessment and therapy to help children and young people with emotional disorders including depression, anxiety, eating disorders, obsessive compulsive disorder, post traumatic stress, severe attachment and emotional disorders following abuse or neglect. They see some

children with neurodevelopmental disorders such as Autistic Spectrum Disorders, ADHD or Tourette syndrome. They also see children with learning disabilities who have psychiatric disorders and children with brain disorders who need specialist neuropsychological or neuropsychiatric assessment. Children may be seen at:

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

Telephone 0115 8415812 Fax 0115 8440514

*Child and Family Therapy 17-19 St John's Street, Mansfield, Notts. NG18 1QJ*

Telephone 01623 650921

*Child and Family Therapy 65 Northgate, Newark, NG24 1HD*

Telephone 01636 670633 (closed Thursdays)

*Child and Family Therapy Langold Clinic, Doncaster Road, Langold S81 9QL*

Telephone 01909 733192 (open Tue, Thu, Fri)

### **Intensive Treatment Team**

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

Telephone 0115 8440519

Deliver specialist group therapy and link with the inpatient adolescent provision (see below) in preparation for discharge. Individual therapy is delivered in a variety of community settings, including the unit itself and also young people's homes.

### **Children Looked After and Adoption Team(CAMHS)**

*Forest House, Southwell Road, Mansfield, Nottinghamshire NG18 4HH (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.

### **Specialist CAMHS Learning Disability Team**

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

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

Telephone 0115 8835175 (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 1152, D Floor, West Block, Queen's Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 66165

Website [www.nuh.nhs.uk/psychology](http://www.nuh.nhs.uk/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 chil-



dren 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.

### **Self Harm Team**

Telephone 0115 8440519 (referrals via Single Point of Access)

The Self Harm Team provides a comprehensive risk and needs assessments to all young people under 16 years old admitted to a general hospital ward following an episode of self-harm and all those admitted to a paediatric ward regardless of age and offers short-term follow-up of up to 4 sessions.

### **Head 2 Head Team**

Telephone 0115 8415812 / 01623 784977  
(referrals via Single Point of Access)

Services include providing mental health assessment and intervention for young people who are involved with the criminal justice system or who have emotional and mental health problems and who also use / misuse substances (dual diagnoses). Also early onset schizophrenia, bipolar disorder and affective psychoses.

### **Paediatric Liaison**

Telephone 0115 8230269 (referrals via Single Point of Access)

Paediatric Liaison provides effective early recognition, assessment and treatment of co-existing mental health problems in a paediatric hospital setting. The service aims to reduce the number of unnecessary investigations and duration of inpatient stays, to improve adherence to treatment, to increase psychological adjustment and wellbeing of children and families in a hospital setting.

### **CAMHS Adolescent Unit**

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

Telephone 0115 8440529

A 12 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.

## **Other counselling services**

### **Base 51**

*NGY myplace, 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) and [www.ngymyplace.co.uk](http://www.ngymyplace.co.uk)

Provides confidential support and services for young people aged 12–25 years in Nottingham and Nottinghamshire. Services include: free counselling, learning support service, medical service, contraception, sexual health service and 'C-Card' (free condoms) scheme for 13–19 year olds. Advice on drugs and alcohol, housing and benefits. Support for rough sleepers and for young parents. Practical services include showers, laundry and a cafe providing affordable meals.

**CASY***16 London Road, Newark NG24 1TW*

Telephone 07967 536605 or 07968 517026

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

Registered charity (number 1092938) provides confidential counselling for young people aged 9–25 years in Bassetlaw and Newark and Sherwood areas and in 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. Young people or their parents can self refer. Free to young people up to 19 years, 19–25 year olds may be asked for a contribution if they are working. Training for teaching staff and placements for trainee counsellors are also available.

**Explore Family***28 New Brook House, 387 Alfreton Road, Nottingham NG7 5LR*

Telephone 0115 978 7161

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

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

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

Place2Be offers support and counselling for children in schools. Trained and qualified volunteer counsellors work with children who have emotional and/or behavioural 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, or moving to secondary school, lunchtime sessions to which children can refer themselves, and support for parents to help them develop skills and better understand their child's behaviour. Place2Be can also work with teachers to enhance their understanding of children's needs and behaviour. Children might be referred/self refer because of anxiety, bullying, bereavement, low self esteem, dangerous behaviour, changes to the family structure etc. Currently (autumn 2012) 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

Brocklewood Primary &amp; Nursery School

Firbeck Primary &amp; Nursery School

Jubilee Primary School

Mellers Primary School &amp; Foundation Unit

Rosslyn Park Primary &amp; Nursery School

Walter Halls Primary &amp; Nursery School

**WAM (What About Me?)**

*Laurel House, Ransom Wood Business Park, Mansfield, Notts. NG21 0HJ*

Telephone 01623 635 326 (9am – 7pm)

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 aged 5–19 affected by someone else's substance (drug/alcohol) use. Confidential service. Anyone can refer. Telephone support or face to face sessions.

**Help if your child is visiting Queen's Medical Centre****Family Care Coordinator**

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

Telephone 0115 9249924 ex 66522

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

The Family Care Coordinator works with families where the children are receiving care, either as an inpatient or outpatient, at the Queen's Medical Centre. Her role is to support the family during their stay in hospital and to provide information and advice e.g. on Family accommodation, car parking, how to get 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 and after the birth of a baby with disabilities or after bereavement. Support is offered to people of all faiths and no faith. Services may be available 'on call' out of normal working hours, by ringing the main hospital number and asking for the chaplain. Prayer rooms and chapels will be available for you to use.

**Spiritual and Pastoral Care**

*Nottingham University Hospitals, D Floor East Block, Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 63799 (QMC)

**Faith Service**

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

Telephone 01623 622515 ex 4137

**Chaplaincy Services**

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

Telephone 01909 502846

**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. 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. For the 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. Healthcare professionals should not withhold information just because it may upset or unnerve the person). 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. 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 will be fully explained later. There is more information about consent on the NHS Choices website [www.nhs.uk](http://www.nhs.uk)

### **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 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 the 1st December 2003 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. A father can apply to the courts for a parental responsibility order if the mother does not consent. More information is available from the

Children's Legal Centre      0808 802 0008

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

Advice is also available on how other people (eg. a grandparent) can get parental responsibility.

### **Local Health Trusts**

If you have any concerns or complaints about health services which cannot be sorted out 'on the spot' or you want to comment on a health service you can contact PALS (Patient Advice and Liaison Services) at each Trust, for confidential help, advice or information. There are more details about services provided by each Trust on their websites as well as information about how you can get involved eg. in commenting on services, attending events, responding to consultations or volunteering.

### **NHS Commissioning Organisations**

There are at present (September 2012) 3 NHS organisations which 'commission'—plan and pay for—health services within Nottinghamshire.

#### **NHS Bassetlaw**

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

Telephone 01777 274422 (Single Point of Access)  
0800 5873089 (PALS)  
Email [bassetlaw.pals@bassetlaw-pct.nhs.uk](mailto:bassetlaw.pals@bassetlaw-pct.nhs.uk)  
Website [www.bassetlaw-pct.nhs.uk](http://www.bassetlaw-pct.nhs.uk)

### **NHS Nottingham City**

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

Telephone 0800 1830456 or 0115 9123320 ask for PALS  
Email [pals@nottinghamcity.nhs.uk](mailto:pals@nottinghamcity.nhs.uk)  
Website [www.nottinghamcity.nhs.uk](http://www.nottinghamcity.nhs.uk)

### **NHS Nottinghamshire County**

*Birch House, Ransom Wood Business Park, Southwell Road West, Mansfield, Nottinghamshire NG21 0HJ*

Telephone 0800 0283693 (free phone)  
Email [pals@nottspct.nhs.uk](mailto:pals@nottspct.nhs.uk)  
Website [www.nottspct.nhs.uk](http://www.nottspct.nhs.uk)

Plans and commission health services in Nottinghamshire outside Nottingham City and Bassetlaw.

At present NHS community health services in Nottingham City are provided by

### **Nottingham City Care Partnership**

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

Telephone 0800 5612121 PALS 0115 883 9654  
Email [pals@nottinghamcitycare.nhs.uk](mailto:pals@nottinghamcitycare.nhs.uk)  
Website [www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)

And in the county through County Health Partnerships and Bassetlaw Health Partnerships by:

### **Nottinghamshire Healthcare NHS Trust**

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

Telephone 0115 9691300 (switchboard) 0800 0153367 (PALS)  
Website [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

Provides child and adolescent mental health services across the city and county, and community services through the above Partnerships with GPs and Central Nottingham Clinical Services and South Notts Integrated Clinical Services.

Hospital services are provided by:

### **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)  
01909 502280/502284 (Ward A3, children's ward)

*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)  
 extensions for wards are 690 followed by the ward number e.g. for ward E39  
 phone extension 69039, for D34 phone 69034. (PALS)  
 0800 1830204 (Phone and minicom) or  
 0115 9249924 ex 65412, or 62301 from mobiles  
 Email [pals@nuh.nhs.uk](mailto:pals@nuh.nhs.uk)

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

Telephone 0115 9691169 ex 55216/55215

**Sherwood Forest Hospitals NHS Foundation Trust**

Website [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 coming to the hospital)

provides children's services at

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

Telephone 01623 622515 (switchboard) ex 6181  
 (Ward 25—Children's)  
 01623 672222 (PALS)

and some children's outpatient clinics at:

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

Telephone 01636 681681 (switchboard) 01636 685692 (PALS)

**Health Centres in Nottingham and Nottinghamshire**

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

(H) = HV based here.

**Arnold Health Centre (H)**

*High Street, Arnold, Nottinghamshire NG5 7BQ*

Telephone 0115 8832300

New health centre being built at same site. Fully open late 2013.

**Ashfield Health Village (H)**

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

Telephone 01623 785050 Health Visitors 01623 785369

**Balderton Primary Care Centre (H)**

*Lowfield Lane, Newark, Nottinghamshire NG24 3HJ*

Telephone 01636 594839

**Basford Health Centre**

*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

**Bilsthorpe Surgery (H)**

35 Mickledale Lane, Bilsthorpe, Newark Nottinghamshire NG22 8QB

Telephone 01623 870230 (870805 for health visitor)

**Bingham Health Centre (H)**

Eaton Place, Bingham, Nottinghamshire NG13 8BE

Telephone 01949 837944

A new Bingham Primary Care Centre is to be built during 2012/3.

**Bridge Children's Centre (see page 53) (H)**

Bull Farm Primary Care Resource Centre, Concorde Way, Millenium Business Park, Mansfield, Nottinghamshire NG19 7JZ

Telephone 01623 672183

**Bulwell Riverside**

Main Street, Bulwell, Bulwell, Nottingham NG6 8QJ

Telephone 0115 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

**Collingham Medical Centre (H)**

High Street, Collingham, Nottinghamshire NG23 7LB

Telephone 01636 892156

**Cotgrave Health Centre (H)**

Candlebury 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 Health Clinic (H)**

Nottingham Road, Eastwood, Nottinghamshire NG16 3GL

(Health centre building closing late 2012, services including health visitors and school nurses will be based in temporary buildings on the same site during 2013/14)

**Edwinstowe Health Centre (H)**

High Street, Edwinstowe, Nottinghamshire NG21 9QS

Telephone 01623 822063

**Harworth Primary Care Centre (H)**

Scrooby Road, Harworth, Doncaster, South Yorkshire DN11 8JT

Telephone 01302 741800 (option 2)

**Hucknall Health Centre (H)**

54 Curtis Street, Hucknall, Nottinghamshire NG15 7JE

Telephone 0115 8832100

**Huthwaite Children's Centre (H)***Common Road, Huthwaite, Nottinghamshire NG17 4JT*

Health Visitors 01623 440082

**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 for Kimberley are based at Eastwood Health Centre.

**Larwood Clinic (H)***56, Larwood Avenue, Worksop, Nottinghamshire S81 0HH*

Telephone 01909 500233

(contact health visitors on 01777 274422)

Health visitors for Langold and Carlton in Lindrick are based here.

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

Telephone 01623 785050 Health Visitors 01623 785527

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

Telephone 01623 420692

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

Telephone 0115 8838010

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

Telephone 0115 8831500

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

Telephone 01636 652500

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

Health Visitors 01623 516408

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

Health Visitors 01623 651261

**Oates Hill Health Centre***2 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

**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

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

Telephone 01777 863434

**Selston Community Centre (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

**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

**Southwell Health Centre (H)***The Ropewalk, Southwell, Nottingham NG25 0AL*

Telephone 01636 813561

(817935 for health visitors 817937 school nurse)

**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

**Top Valley Health Point***Top Valley Drive, Nottingham NG5 9DD*

Telephone 0115 8831300

**Tuxford Clinic***Newark Road, Tuxford, Nottinghamshire NG22 0NA*

Telephone 01777 870115 (leave messages for health visitor at  
01777 274422)

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

Telephone 0115 8839000

Contraception services 10–2 Monday to Friday and 4–6 (all ages including teenagers)  
Monday to Thursday, emergency drop in Saturday 10–12.

**Warsop Primary Care Centre (H)***Church Street, Warsop, Nottingham 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: encouraging development, getting support

### Benefits

Children may be entitled to Disability Living Allowance care component from 3 months (and mobility component from 3 years depending on the level of disability). If you are eligible, the Family Fund can help from birth. See the *Money matters* section of this directory. You may be eligible for a Blue Badge when your child is 3 years old if they are unable to walk and from birth if you need to transport equipment for your child such as oxygen cylinders. See pages 173-4.

### Home-Start

Home-Start is a home visiting scheme for families with at least one pre-school age child, which offers support, friendship and practical help. All volunteers are parents themselves or have parenting experience and are vetted and trained.

#### Home-Start Ashfield

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

Telephone 01623 513137

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

Home-start-Ashfield offers support, friendship and practical help to families with at least one pre-school child.

Volunteer parents are trained and supervised to visit families at home for a morning or an afternoon a week.

#### Home-start Dukeries

*50 High Street, Edwinstowe, Nottinghamshire NG21 9QS*

Telephone 01623 823353

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

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

As well as home visiting, there are family groups with speakers, and play for the children. Groups held in Blidworth, Clipstone and Ollerton.

#### 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)

In addition to main services there is a multiple birth group on Wednesdays and parent and child group on Fridays. Covers Ravensdale, Mansfield Woodhouse and Meden Valley as well as Mansfield.

#### Home-Start Newark

*30 Barnbygate, Newark, Nottinghamshire NG24 1PZ*

Telephone 01636 705011

Email [welcome@home-startnewark.freereserve.co.uk](mailto:welcome@home-startnewark.freereserve.co.uk)

As well as home visiting there are 3 parent and toddler groups which run at Barnbygate Methodist Church (self refer, or health visitor can refer). MIMS courses for mothers with postnatal depression.

### **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 City.

## **Early education**

Children aged 3–4 years are entitled to 15 hours of free learning a week for 38 weeks per year. This starts from the beginning of the term following their 3rd birthday. The learning can take place at a childminder's, playgroup, nursery or children's centre etc. Some families may be entitled to a free place earlier than this—the Families Information Service(city) 0800 458 4114 or Nottinghamshire County Council 0300 500 80 80 can give you more information—see phone numbers at the beginning of this section. Most early education settings have a Special Educational Needs Coordinator (SENCO) with whom you can discuss your child's needs and all settings are under a legal duty to consider how best to offer extra support to include your child. The Disability Discrimination Act will apply to these settings as it does to other service providers. Settings may be able to apply for extra training and grants for staffing/equipment (they will have information from the council about this). In the city, there is information for early years workers and childcare providers at [www.nottinghamcity.gov.uk/earlyyears/](http://www.nottinghamcity.gov.uk/earlyyears/)

From September 2012 there is a new 'Statutory Framework for the Early Years Foundation Stage' covering children's learning and development, assessment and safeguarding and welfare arrangements. This can be downloaded from the publications section at [www.education.gov.uk](http://www.education.gov.uk)

### **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, support in nursery, preschool and school up to the end of Key Stage 1. Families can refer their children by phone, professionals need to complete a referral form. Initial referrals for whole county go to

*Welbeck House, Darwin Drive, Sherwood Energy village, Ollerton, Notts 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, Nottm NG5 6DA*

(for children in Broxtowe, Gedling, Rushcliffe)

Telephone 0115 8546344/45

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

(children in Ashfield and Mansfield)

Telephone 01623 433326

### Portage Early Education Team, City

Home visiting service for parents/carers of preschool children with delayed development, a disability or challenging behaviour 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 (see *Childcare and children's centres* section) can put you in touch with the Portage Team. The 3 team bases below are correct at October 2012 but are likely to change in 2013.

*South: Meadows Children's Centre Kirkby Gardens, The Meadows, Nottm. NG2 2HZ*

Telephone 0115 8761320

*Central: Bilborough Children's Centre, Wigman Road, Bilborough, Nottm. NG8 4PD*

Telephone 0115 9157777

*North: Bulwell Children's Centre, Steadfold Close, Bulwell, Nottingham NG6 8AX*

Telephone 0115 9153913

### Earlybird Programme

*Community Educational Psychology Service, Glenbrook Management Centre, Wigman Road, Bilborough, Nottingham NG8 4PD*

Telephone 0115 9158900

A twelve week programme for parents/carers of preschool children in Nottingham city who have recently had a diagnosis of autism. These run 2 or 3 times a year with an information meeting before the course starts for parents to find out more. The Information Service (0115 8831157/8) usually receives details of dates in advance and courses should also be advertised at [www.askiris.org.uk](http://www.askiris.org.uk)

### I CAN

*8 Wakley Street, London EC1V 7QE*

Telephone 08452254073/ 020 7843 2552 Mon-Fri 9am–5pm

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 *Education* section). Helpline can arrange a free call 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.uk](mailto:enquiries@schoolforparents.org.uk)

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

Preschool service, using a conductive education approach, for children with cerebral palsy/difficulties in movement/Downs Syndrome, muscular dystrophy, global developmental delay. 4 months–5 years. Speech therapy, afterschool gym club for children who have attended the preschool service, specialised reading, writing and swimming programmes.

**Steps (Leicestershire Conductive Education Centre)***The Old School, 40 Loughborough Road, Shepshed, Leicestershire LE12 9DN*

Telephone 01509 506878

Email [stepscentre@btconnect.com](mailto:stepscentre@btconnect.com)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 on Monday afternoon. Families from Nottinghamshire welcome, can self refer. No charges, but donations appreciated. For children with cerebral palsy, Down's syndrome, spina bifida or other conditions affecting motor skills.

## Makaton

**Makaton Charity***Manor House, 46 London Road, Blackwater, Camberley, Surrey GU17 0AA*

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.

You can take courses in Makaton at

**New College Nottingham**

Telephone 0115 9100100

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

## Play and toys

See also the *Play* section of this directory.

### Toy Libraries

Some Children's Centres have toy libraries  
(see *Childcare and children's centres* section).

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

Telephone 01623 629902

Sensory toy library as well as a sensory room which can be hired.

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

Telephone 0115 9753898

Website [www.toy-library.co.uk](http://www.toy-library.co.uk)

Community Toy Library provides fun play and toy lending sessions at community venues throughout Bulwell. Language through toys and play project to help children with speech delay or communication difficulties via referral from your health visitor. Families can self refer if they live in the Bulwell area. Baby play session at Riverside Centre term time only, for children who are not yet walking (including children with delayed walking because of disability). Afterschool and holiday play sessions for children aged 5–13 years. Can offer support for children with disabilities to join the afterschool and holiday activities.

### **Mansfield Play Forum Toy Library**

*Unit 18, Botany Park, Mansfield, Nottinghamshire NG18 5NF*

Telephone 01623 421149

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

Free membership, toys and games for under 7 year olds, advice on play. Open to families and groups. Some toys specially designed for children with disabilities. Small donation to borrow toys for up to 4 weeks. Open Tuesday 10am–1pm, Wednesday 11am–7pm, Thursday 10am–1pm including school holidays.

### **Preschool play**

#### **APTCOO Mosaic Under 5's Group**

*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)

For children under 5's with additional needs and their parents/carers.

Monday 12.30–3pm.

#### **Play and Learn**

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

Telephone 0115 9568289

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

#### **Indigo Tots**

*Indigo Autism Resource Centre, Dovecote Rd., Beauvale, Newthorpe, Notts. NG16 2EZ*

Telephone 07712513218

Website [indigokids.webs.com](http://indigokids.webs.com)

Toddler group for 0–4 year olds with autism or social and communication difficulties.

#### **Retford Monday Club**

*Goodwin Hall, Chancery Lane, Retford DN22 6DF*

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

This playgroup was for preschool children with disabilities and for parents including those whose children are at school. It is hoped to relaunch it in early 2013 and parents who are interested should contact Sarah on the email above or ask someone to contact on their behalf.

## Music and singing

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

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

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

*The Hermitage, Ruddington NG11 6EN (Thu)*

*Assumption Centre, Beeston NG9 1AE (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. In Beeston and Ruddington, but children can come from anywhere. Led by a musician who is also a trained speech & language therapist. Places limited—please book in advance.

### Rockabillies

*Leopold Street, Long Eaton, Derbyshire NG10 4QD*

Telephone 0774 701 3597 (Roma)

Mainstream preschool music group run by professional teacher and musician. Groups on Monday, Tuesday and Thursday. 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 group for preschool children who need extra help with communication and social skills and who may or may not have a clear diagnosis such as ADHD or autism. From 2 years to school age. Wednesday afternoons. Makaton and simple language used.

### Jo Jingles

Telephone 0870 9004567 (Gaynor Smith)

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

Music singing and movement group for children from 3 mths–5 yrs. Groups held in Beeston (Wednesday), Bingham (Tuesday), Gamston (Friday), Giltbrook (Thursday), Long Eaton (Tuesday), Ravenshead (Thursday), West Bridgford (Monday), Wollaton (Monday and Friday)

### Kindermusik

Classes in Nottinghamshire at

*Bramcote Memorial Hall, Church Street, Bramcote Village, Notts, NG9 3HD*

*St Paul's Church, Boundary Road, Wilford Hill, West Bridgford Nottingham NG2 7DB*

Telephone 0115 9723703

Mobile 07967 159277

Email [carolescholes@btinternet.com](mailto:carolescholes@btinternet.com)

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

Encourages child development through music. Ages 0–3 years



**Tinytalkuk**

Telephone

01483 301444

Website

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

Singing and signing classes for babies and toddlers. Use British Sign Language. Classes currently (late 2012) running in Beeston, Gamston, Mapperley, Nuthall, Radcliffe on Trent, Retford, Ruddington, Sherwood, West Bridgford and Worksop. There are also classes in Ripley and Loughborough.

**Wendy's Playful Piano**

Telephone

0115 9221318

Website

[www.wendysplayfulpiano.co.uk](http://www.wendysplayfulpiano.co.uk)

One-to-one music sessions for children aged 3 and over 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.

**Books and stories**

Libraries run arts and crafts sessions, story times, and music sessions etc. for preschool children. You can find your local library in the phone book or via

Telephone

0115 9155555 (city) or 0300 500 80 80 (county)

Website

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

Some Nottingham city libraries also have Count me in 123 number bags for loan.

**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) and packs for deaf children (Bookshine) which include signs so ask for these if they would be appropriate. Packs with dual language books are also available.

**Arts activities**

As well as sessions at the Children's Centres above, arts activities for preschool children are also available at

**Lakeside Arts Centre***University Park, Nottingham NG7 2RD*

Telephone

0115 8467777

Website

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

Some arts sessions for toddlers from 18 months—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.

## Preschool movement sessions

Many Children's Centres provide movement/gymnastics sessions. Contact your local centre (see list earlier in *Childcare and children's centres* section) for details.

### Gym Tots

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

Telephone 0115 9892916

Soft play session for preschool children. Children with disabilities welcome and can pay half 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 6 months to 4 years. Classes in Arnold, Calverton, Hoveringham, Hucknall, Ilkeston, Kirk Hallam, Mapperley, Netherfield, Nuthall, Sherwood, West Bridgford, Woodthorpe.

### Notts Tots

Website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (find via A-Z)

Preschool gymnastics sessions for ages 6 months to 5 years at city leisure centres Clifton, Harvey Hadden, Ken Martin, Portland, Southglade, Nottingham Tennis Centre, Victoria. Contact the centres for times (phone numbers on page 132).

### Tumble Tots

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

Telephone 0115 9589767 (Jayne)

Classes in Gamston, Bramcote, Bottesford and West Bridgford. 6 months to 5 years, up to 7 years at Gamston.

Telephone 01636 684233 (Alan)

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

## Swimming

Most leisure centres (see *Play* section) 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 to teach 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, Mansfield, Nottingham, West Bridgford, Chesterfield 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 01924 223844

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

# Childcare and Children's Centres— early years and beyond

## Childcare

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
Nottinghamshire County Council	0300 500 80 80 or
<a href="http://www.nottinghamshire.gov.uk">www.nottinghamshire.gov.uk</a> (under <i>Caring and Supporting</i> then <i>Early Years Services</i> )	
Call Derbyshire	0845 6058058
(they will put you through to the Families Information Service)	
Leicestershire Family Information Service	0116 305 6545
<a href="http://www.leics.gov.uk">www.leics.gov.uk</a> (under <i>Children and Families</i> then <i>Childcare and Preschool</i> )	
Lincolnshire Family Information Service	0800 195 1635

The Families Information Services can also tell you about financial support and free nursery places for eligible families. 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 Criminal Records Bureau check. They should have a certificate of registration they can show you.

## DCATCH

Telephone	0300 500 80 80
	(to enquire about DCATCH Individual Packages)
Telephone	01623679288 Pre-School Learning Alliance
	(Inclusion Support for Settings)
Email	<a href="mailto:inclusion@psla-notts.org.uk">inclusion@psla-notts.org.uk</a>

DCATCH aims to meet the childcare needs of children and young people with severe and complex needs who are unable to access group childcare and older children 14–19 years of age for whom full time group care would not be appropriate. Families must live 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 0–19 years. Families who are supported by the project will pay towards the cost of childcare at the local rate: 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.

**Inclusion Support for Settings** This can help with the cost of additional support needed to allow a child to attend a private, voluntary or independent childcare setting (eg. a nursery, childminder). The parents of the child must be working or the child must be accessing their free entitlement to a funded nursery place. The nursery, childminder etc. needs to apply to the Inclusion Workers at the Pre-school Learning Alliance (details above.)

## Children's Centres

Children's Centres bring together a range of support and activities for children and for parents including those whose child has not yet been born. This may include midwife clinics, breastfeeding support, weaning courses, early learning, counselling, holiday activities, help with job hunting, stay and play groups etc. The activities may change from term to term. As well as these core activities some Children's Centres run extra activities relevant to children with disabilities: groups mentioned below were running in autumn 2012. In the city, Family Community Teams (play and youthwork) are based at Children's Centres and the services extend up to age of 19 years. In the county, Centres cater for families with children up to the age of 12.

### Ashfield

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

Ashfield Children's Centres provide baby massage courses, parenting support as well as play activities, and health visitor sessions.

#### **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. Twins group monthly

#### **High Leys Children's Centre**

*High Leys Road, Hucknall, Nottinghamshire NG15 6EZ*

Telephone 0115 9889090

West Hucknall

#### **Huthwaite Children's Centre**

*Common Road, Huthwaite, Nottinghamshire NG17 2JT*

Telephone 01623 516592 Health Visitors 01623 440082

Children with disabilities welcome at any of the groups, staff have training.

#### **Kirkby Central and West Children's Centre**

*Sutton Middle Lane, Kirkby in Ashfield, Nottinghamshire NG17 8FX*

Telephone 01623 723232

Relax Kids group from Sept 2012 for under 5s, Monday mornings, booking needed.

Relax Kids ([www.relaxkids.com](http://www.relaxkids.com)) helps children manage stress, anxiety and anger.

#### **Kirkby East Children's Centre**

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

Telephone 01623 723232

#### **Market Place Children's Centre**

*c/o Butlers Hill and Broomhill Children's Centre (above)*

Covers Central and North Hucknall.

#### **Newstead Children's Centre**

*Tilford Road, Newstead, Nottinghamshire NG15 0BF*

Telephone 01623 753828

Newstead, Annesley Woodhouse, Kirkby Woodhouse. Incredible Years parenting courses. Baby massage courses (catchment area only). Family support (can self refer) and workshops on toilet training, sleep difficulties etc. Swimming sessions also available.

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

Telephone 01623 444670

01623 516408 (Health Visitors)

Covers Skegby, Stanton Hill and parts of Sutton in Ashfield, linked with Summer House Children's Centre.

**Rural Families Children's Centre (Selston, Jacksdale and Underwood)***Tin Hat Centre, Chapel Road, Selston, Nottingham NG16 6BW*

Telephone 01773 864510

Activities as for Newstead Children's Centre above.

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

Telephone 01623 510946

01623 441426 (Health Visitors)

Covers Sutton East. Sensory room can be booked by families, small charge. Smiles and Patches group for children with heart conditions second and fourth Friday 1–3pm.

**Sutton Central Centre***Brierley Forest Primary and Nursery School, Westbourne View, Sutton in Ashfield, Nottinghamshire NG17 2HT*

Telephone 01623 450464

Base for a number of services/support for families with a child up to 8 years including Theraplay, Parent and Child Game, and CAMHS. You need to be referred for these. Sensory room (bookable by groups/agencies but not individual parents), sensory sessions for children on Tuesday mornings.

**Bassetlaw**

Website

[www.bassetlawchildrenscentre.co.uk](http://www.bassetlawchildrenscentre.co.uk)

Incredible Years parenting programme is offered across Bassetlaw area. Phone your local centre for dates and venues and to book.

**Bassetlaw Rural Children's Centre***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, Elkesley, and Mattersey. Incredible Years parenting courses are offered at Misterton but may be arranged in other villages in the future.

**Hallcroft Children's Centre (Retford)***Whitaker Close, Retford, Nottinghamshire DN22 7QH*

Telephone 01777 712950

Pathways group for preschool children with special needs. Twins and triplets group 1–3pm on fourth Tuesday of month. Stay and Play sessions Wednesdays 9–11am and Fridays 1–3pm which include sensory play.

**Harworth and Bircotes Children's Centre***Town Hall, Scrooby Road, Harworth, Nottinghamshire DN11 8JP*

Telephone 01302 759062

Male carer group, baby massage, stay and play sessions, Sure Tots physical play sessions.

### **Manton Children's Centre**

*Community Way, Manton, Worksop S80 2TQ*

Telephone 01909 511321

Baby Massage courses. Sessions for families from minority ethnic backgrounds, sensory equipment can be set up if room is booked (not permanent sensory room). Sure Tots physical play sessions.

### **North Leverton Children's Centre**

*Main Street North Leverton Retford Nottinghamshire DN22 0AD*

Telephone 01427 883020

Baby massage courses, physical activity sessions.

### **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

Let's get Together with Pathways group runs fortnightly on Thursdays venue alternates between Gateford Centre and Prospect Kilton Children's Centre. Play session and parents support group for parents of children aged 0–12 years with additional needs. (Runs during school day but 5–12 years welcome during holidays. Parents can attend during termtime without their children.)

### **Prospect Kilton Children's Centre**

*Longfellow Drive, Worksop, Nottinghamshire S81 0DW*

Telephone 01909 504810

Let's get Together with Pathways group runs fortnightly on Thursdays venue alternates between North Worksop (Gateford Centre) and Prospect Kilton Children's Centres. For more details see entry for North Worksop above.

### **Retford Central Children's Centre**

*Arlington Way, Retford, Nottinghamshire DN22 6EA*

Telephone 01777 713930

Let's get Together with Pathways support group/play session for preschool children with additional needs from 0–12 years. 1.15–3.15pm third Tuesday of month. Down's Syndrome group first Tuesday of month 1–3pm. Mainstream activities during school holidays for children up to 8 years. Dads group. Twins and triplets group.

### **West Bassetlaw Children's Centre**

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

Telephone 01909 731269

Additional services include speech and language therapy (can self refer.) Welfare rights sessions on Tuesdays 10am–3pm. One to one advice for families in difficulties on Wednesdays 10am–12noon, contact the Children's Centre.

Sensory room now at:

*Kingston Park Primary School, Long Lane, Carlton-In-Lindrick, WORKSOP, S81 9AW*

Telephone 01909730294

## Broxtowe

### Website

[www.surestartbroxtowe.nhs.uk](http://www.surestartbroxtowe.nhs.uk) and on Facebook f

Incredible Years parenting courses and courses for parents of babies and toddlers eg. to encourage talking are available in Broxtowe Borough. Your local Children's Centre can tell you more. A doctor or health visitor can refer you to parenting courses with your consent via Chilwell Children's Centre. At present the Centres below work with families with at least one child under 12 years.) There is a specialist worker for children with disabilities who covers all the Broxtowe Children's Centres—any of the Centres can refer you.

Families in North Broxtowe (Cossall, Greasley, Kimberley, Moorgreen, Nuthall, Watnall) can attend any sessions at Awsworth, Brinsley or Eastwood.

## Attenborough

Stay and Play sessions are provided at the army base in Attenborough. 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.

### Awsworth Sure Start Children's Centre

*Awsworth Primary School Site, The Lane, Awsworth, Nottingham, NG16 2QS.*

Enquiries to Eastwood Sure Start Children's Centre see below.

### Beeston Central Children's Centre

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

Some play/toy library sessions and parent courses. Not staffed outside sessions so contact via Beeston North Centre below.

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

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

Telephone 0115 9935740

Toy library. Sensory equipment (room can be set up). Music and movement sessions.

### Brinsley Children's Centre

*Brinsley School Site, Moor Road, Brinsley, Nottinghamshire NG16 5AZ*

Enquiries to Eastwood Children's Centre below.

### Children's Centre Chilwell

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

Telephone 0115 9935780

Sensory room. Toy library.

### Children's Centre Eastwood

*Chewton Street, Eastwood, Nottinghamshire NG16 3HB*

Telephone 0115 9935750

Sensory room for use by children with additional needs and their families. Support group for children with special needs (Special Friends) on Tuesday mornings.

International chat and play group on Wednesday afternoons.

## Stapleford Children's Centre

*Grenville Drive, Stapleford, Nottinghamshire NG9 8PD*

Telephone 0115 9162770

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



## Gedling

Website

[www.surestartgedling.nhs.uk](http://www.surestartgedling.nhs.uk)

Toddler Talk (12 week programmes during termtime only) to help with language development. Available at all 6 main Centres. No referral needed, although professionals can refer if they wish, but family need to book. Family Support (with behaviour, toilet training etc.) is available at all Centres.

### **Arnbrook Children's Centre and Arnold Children's Centre**

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

Telephone 0115 916 5010

Baby massage courses. Singing sessions for babies and toddlers to promote communication. Polish group.

### **Calverton Children's Centre**

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

Telephone 0115 9118700

Baby massage courses, sensory room.

### **Carlton Children's Centre**

(add 'Gedling View Family Centre' to the address until April 2013)

*Church View, Gedling Nottinghamshire NG4 3HW*

Telephone 0115 8830800 (number may change December 2012 but this number should be able to put you through)

Exploring Together groups for children with disabilities on Thursdays 1–3pm.

### **Gedling Villages Children's Centre**

'Virtual' Centre providing services/sessions in small villages across Gedling borough. Contact via Calverton Children's Centre. Covers Bulcote, Burton Joyce, Caythorpe, Epperstone, Gonalston, Hoveringham, Lambley, Lowdham, Oxtun, Stoke Bardolph and Woodborough.

### **Killisick Children's Centre**

*Killisick Road, Arnold, Nottinghamshire NG5 8BY*

Telephone 0115 9931467

### **Netherfield Children's Centre**

*143 Victoria Road, Netherfield, NG4 2HT*

Telephone 0115 8830840.

Baby massage courses. Monthly Saturday dads group. Monthly multiples (twins etc.) group on Thursdays.

### **Stanhope Children's Centre**

*Stanhope Primary & Nursery School, Gedling, NG4 4JD*

Telephone 0115 9873425

Baby massage, family support and parenting training.

## Mansfield

### **Bellamy Children's Centre**

*Bellamy Children's Centre, 14 Trowell Court, Mansfield, NG18 4NT*

Telephone 01623 665990

Incredible Years parenting courses for children up to 12 years, Baby Incredible Years may also be available. Baby massage courses (parents can also attend these courses at Oak Tree Children's Centre below and vice versa). Home Talk programme (see under Ravensdale Children's Centre below). Sensory room which can be booked by families.

### **Ladybrook Children's Centre (Family Action)**

*Rosebrook Primary School, Townroe Drive, Mansfield, Nottinghamshire NG19 6JN*

Telephone 01623 410090

Website [www.westmansfield.surestart.org](http://www.westmansfield.surestart.org)

Linked with Pleasley Hill Children's Centre (below) Both Centres have speech and language therapy and SENCOs to support children with disabilities. Help with benefits, ideas to promote children's development, access to counsellor, one to one support etc. Ask for the leaflet for parents/carers of children with disabilities and additional needs. Respite crèche at Ethel Wainwright school term time only, referral system—contact Ladybrook for more details. 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) Musical play sessions at local library. Incredible Years 0–12 and Baby Incredible Years parenting courses (no referral needed but must be booked), baby massage courses for families in catchment area only. Families can drop in for advice and support. Centre has 2 support workers.

### **Oak Tree Children's Centre**

*Jubilee Way North, Oak Tree Lane Estate, Mansfield, Nottinghamshire NG18 3PJ*

Telephone 01623 663220

Incredible Years parenting courses, baby massage, baby yoga etc. Home Talk programme and links with speech and language therapy (see description under Ravensdale Children's Centre)

### **Pleasley Hill Children's Centre (Family Action)**

*Woburn Lane, Pleasley, Notts NG19 7RT*

Telephone 01623 819940

Website [www.westmansfield.surestart.org](http://www.westmansfield.surestart.org)

Covers Pleasley Hill and Bull Farm. Help with benefits, ideas to promote children's development, access to counsellor, one to one support etc. Ask for the leaflet for parents/carers of children with disabilities and additional needs. Parenting programmes.

### **Ravensdale and Forest Town Children's Centre**

*Sanders Avenue, Mansfield, NG18 2DN*

Telephone 01623 486982

Sensory equipment available. Incredible Years parenting courses for children up to 12 years, baby Incredible Years may also be available. Monthly group for parents of children with additional needs (in association with APTCOO) starting September 2012 on Tuesday from 4–5.30, phone for dates. Baby massage courses (catchment area families only). Home Talk programme for young children with speech difficulties—children can be referred to this following the 2 year health check (workers at the Children's Centre may be able to refer your child before this if there are obvious concerns.) There is also a speech and language therapist linked to the Centre.

**Titchfield and Oakham Virtual Children's Centre**

73-75 Princes Street, Mansfield, Nottinghamshire NG18 5SL

Telephone 01623 421880

Children's Centre services (eg. parent support, help with transition from nursery to school) are provided in the community. Groups are inclusive.

**Warsop Children's Centre (and Meden Vale)**

Mansfield Road, Warsop, Nottinghamshire NG20 0AN

Telephone 01623 847766

Additional services include sensory room which can be used 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****Bridge Children's Centre**

Lincoln Road, Newark, Nottinghamshire NG24 2DQ

Telephone 01636 593520

Outreach play sessions for children of travellers. Covers Beacon, Bridge, Castle, Collingham and Winthorpe wards.

**Hawtonville and Balderton Children's Centre**

Oliver Quibell Site, Bowbridge Road, Newark, NG24 4EG

Telephone 01636 593580

Sensory play session for children with additional needs, holiday times only. Baby massage.

**Ollerton and Boughton Children's Centre**

Dukeries Complex, Ollerton, Newark, Nottingham NG22 9TH

Telephone 01623 861691

Parenting courses, family support. Family support worker may be able to help with form filling. Sensory equipment is used during the play sessions.

**Sherwood East Children's Centre**

Forest Town, Nottinghamshire, NG19 0LL

Telephone 01623 629203

Sensory room can be booked.

**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. Sensory equipment available. Families with children with disabilities welcome.

**Rushcliffe****Abbey Road and Lady Bay Children's Centre (Gamston, Ruddington and West Bridgford)**

Tewkesbury Close, West Bridgford, Nottinghamshire NG2 5ND

Telephone 0115 9694480

Altogether group for families with a child with disabilities, fortnightly Thursdays 1.30–3.00pm. Baby massage courses can be provided.

**Bingham Children's Centre****(Bingham, East Leake, Keyworth, West Bridgford and Cotgrave)***18a Market Place, Bingham, Nottinghamshire NG13 8AP*

Telephone 01949 863840

Speech and Language Therapy runs on Friday. This is not run by Children's Centre so parents need to contact for further information.

**East Leake Children's Centre***Brookside Primary School, School Green, East Leake, Leicestershire LE12 6LG*

Telephone 01509 857030

Group for children with special educational needs every Thursday afternoon 1.30–3pm

**Children's Centres in the City of Nottingham**

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 My Services, then Children and Families then Family Community Teams and Children's Centres. These Centres cover children and young people aged from 0–19 years.

**Aspley/Bells Lane Sure Start Children's Centres (Action for Children)***Minver Crescent, Aspley, Nottingham NG8 5PJ**Amesbury Circus, Aspley, Nottingham NG8 6DD*

Telephone 0115 9791171

These Centres are also linked with Nottingham North West Children's Centre.

**Basford Childrens Centre***Whitemoor Primary School, Bracknell Crescent, Whitemoor, Nottingham NG8 5FF*

Telephone 0115 9157611

Sensory room available to book first Friday afternoon of the month.

**Bilborough Children's Centre***Wigman Road, Bilborough, Nottingham NG8 4PD*

Telephone 0115 915 7777

Welfare rights sessions (0115 9156346 for appointments, City parents only)

**Bulwell Children's Centre***Steadfold Close, Crabtree Farm, Bulwell, Nottingham NG6 8AX*

Telephone 0115 9153913

Sensory room. Baby massage and Musical Movers (held at Bulwell Riverside)

**Bulwell Forest Children's Centre***Cantrell School site, Cantrell Road, Bulwell NG6 9HJ*

Telephone 0115 8765470

**Clifton Children's Centre***Dovecote School Campus, Greencroft, Clifton, Nottingham NG11 8EY*

Telephone 0115 8762625

Toy library services available, sensory room, which can be booked by parents after an induction. Special moments support group last Wednesday of every month 9.30–11.30 for parents of children with additional needs. Family support. Relate counselling by appointment.

**Dunkirk, Lenton and Lenton Abbey Children's Centre***Marlborough Street, Dunkirk, Nottingham NG7 2LE*

Telephone 0115 9157992

Sensory room sessions on Thursday afternoons. Ring for details of Musical Moments (to encourage language and coordination skills) and Wiggle and Giggle sessions.

### **Hyson Green Children's Centre**

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

Telephone 0115 8838202

Translation sessions for Urdu, Punjabi, Hindi speaking families. Toy Library (certain Tuesdays, contact for dates), parenting courses, Polish mothers group, Family Lives drop in sessions on Thursdays for support and advice on problems relating to family life. Phone (or check website) for Wiggle and Giggle sessions and Tumble and Splash.

### **Meadows Children's Centre**

*Kirkby Gardens, The Meadows, Nottingham NG2 2HZ*

Telephone 0115 8761320

English language classes, baby massage courses. Wiggle and Giggle sessions.

### **Nottingham North West (Action for Children)**

*The CornerHouse, 18 Strelley Road, Broxtowe, Nottingham NG8 3AP*

Telephone 0115 9290330

Relate counselling, welfare rights advice, baby massage, 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. Support group for ADHD and Autism runs monthly on Fridays (phone 0115 9791171)

### **Radford Children's Centre**

*Kennington Road, Radford, Nottingham NG8 1QD*

Telephone 0115 9151526

All sessions suitable for ages 0–7 years. Afterschool family fun session weekly. Support group for parents of children with disabilities fortnightly on Thursday mornings. Allotment club.

### **Sherwood and Edward's Lane Children's Centre**

*Seeley School Site, Perry Road, Nottingham NG5 3AE*

Telephone 0115 9153801

Dads group.

### **Sneinton Centre for the Child**

*Edale Road, Sneinton, Nottingham NG2 4HT*

Telephone 0115 8761700

Relate counselling (Monday afternoon, termtime only). Continence clinic (referral via Sneinton Health Centre). Toy library, Wiggle and Giggle sessions.

### **Southglade Children's Centre**

*Southglade Access Centre, Southglade Road, Bestwood NG5 5GU*

Telephone 0115 9159152

Autism and ADHD Support Group meets on alternate weeks. Services include family support and toy library, twins group. Covers Bestwood area.

### **St Ann's North (Formerly Walter Halls) Children's Centre**

*589, The Wells Road, St Ann's, Nottingham NG3 3AB*

Telephone 0115 9153710

Relate counselling services, sensory room which can be booked by families.

**St Ann's South Children's Centre***Off Palmerston Gardens, St Ann's, Nottingham NG3 1NH*

Telephone 0115 9150390.

Welfare rights sessions, physical play sessions (phone for details)

**Top Valley and Bestwood Park Children's Centre***Westglade School Site, Syke Road, Heronridge, Nottingham NG5 9BG*

Telephone 0115 9159561

Foster carers group (Monday mornings).

**Wollaton Children's Centre***Arleston Drive, Wollaton, Nottingham NG8 2FZ*

Telephone 0115 8762185

Sensory room can be booked on Fridays, Parenting support for ages 0–5. Baby massage courses may be available at Wollaton Vale Health Centre.

## Education 5 to 16 years

See the *Early years: encouraging development* section of this directory for preschool education, but please note that some schools listed in this section also take children from 3 years of age. Children's Centres (see *Childcare and children's centres* section) will also provide support including some sessions to prepare children for starting school.

At present (Autumn 2012) the government is proposing to reform provision for children and young people with special educational needs or disabilities. The current system of health, social services and education assessments and statementing would be replaced by a single assessment process. This would provide children and young people who have health, care and special educational needs with an Education, Health and Care Plan. This plan would continue until a young person reaches 25, if they are in education or training. The plan must include the child's health and social needs. Children who have health and care needs but who do not have special educational needs would not be included under present proposals (Oct 2012). Draft legislation on reform of provision for children and young people with special educational needs (Sept 2012) has been prepared and can be viewed at [www.official-documents.gov.uk](http://www.official-documents.gov.uk). This legislation if passed is likely to be implemented in 2014.

Information on the latest developments is available on the website of the Council for Disabled Children [www.councilfordisabledchildren.org.uk](http://www.councilfordisabledchildren.org.uk).

## What are special educational needs?

A child has special educational needs if he or she has a significantly greater difficulty in learning than the majority of others of the same age or has a disability that prevents or hinders him or her from making use of facilities generally provided for others of the same age in mainstream schools or post 16 institutions. Children who speak English as their second language, but who do not have other learning difficulties are not considered to have special educational needs. Gifted children are not usually considered to have special educational needs but the school does have a responsibility to meet the educational needs of all pupils including the gifted and talented.

The government website [www.gov.uk](http://www.gov.uk) has an explanation of the current system for helping children with special education needs (search under special educational needs).

There is further information from the local authorities on the websites:

[www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (*Special educational needs* from the A-Z index at the bottom of the homepage) This website is currently (October 2012) being updated.

[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (choose *Education and Learning* from the *Your Services* list, then *Special Educational Needs*)

You can still download the national guide (last revised in 2009) *Special Educational Needs (SEN): a guide for parents* from [www.education.gov.uk](http://www.education.gov.uk) but printed copies are no longer available except in Bengali, Hindi and Gujarati (Oct 2012)

## Finding/choosing a school/transferring schools

It is well worth looking through the councils' guides to school admissions.

The city guide *Going to School in Nottingham* can be downloaded from:

[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (under *School Admissions* in the A-Z)

The county guide *Admissions to Schools: Guide for Parents* is at [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (under *Learning* then *Schools*, then *Apply for a School Place*).

Hard copies aren't sent to all parents but your school, local library and county/city contact points may have one you can look at if you don't have internet access.

In Nottingham and Nottinghamshire most children with special needs attend mainstream schools. Special schools (listed further on in this section) cater for children with statements of special educational needs, 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 if you are applying at the normal times for starting school/moving to secondary. There is an online form at [www.mynottingham.gov.uk/e-admissions](http://www.mynottingham.gov.uk/e-admissions). If you have moved address in the last 2 months and your child can no longer get to their previous school you can also use the online form. If you want to change schools for other reasons you need to apply on a paper form, available from the School Admissions Team (contact details 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 any other time of year e.g. because you have moved house or you want to change schools, you will need to fill in an in-year admission form. You can download this from [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) in the *Learning* section under *Schools, Apply for a School Place*. If you don't have internet access and are unable to use it via your local library etc. you can make a telephone application by contacting the Schools Admissions Team below or you ask them to send you a paper form to complete. In the county special consideration may be given if your application is supported by written evidence from a doctor, social worker etc. giving reasons why this school is the only school which could cater for your child's particular needs (eg. because of his medical/mobility needs, special educational needs). The evidence must be presented at the time of application.

If you want to transfer schools because of issues to do with your child's disabilities it is worth talking to the Parent Partnership Service (see page 65) first to see if they can help you resolve the issues with the original school.

When you apply for schools you can list several 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.

## 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 01623 433052 or 01623 433388

Email [admissions.ed@nottsgov.uk](mailto:admissions.ed@nottsgov.uk)



For children in the city contact:

**Admissions Team**

*LH Box 14, Station Road, Nottingham NG2 3NG*

Telephone

0115 8415568

Email

[admissions.exclusion@nottinghamcity.gov.uk](mailto:admissions.exclusion@nottinghamcity.gov.uk)

**Choice Advice**

If you have difficulty choosing a secondary 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

Can provide help with forms, confidential advice about the admissions and transfer process, impartial information about local schools and about special educational needs. Cannot guarantee a place at a school.

**Admissions appeals if you are turned down**

**City:** For community and voluntary controlled schools contact the Admissions Team within 14 days of receiving the decision letter, for an appeal form and leaflet explaining appeals. The Appeals Team should then get in touch with you to tell you when the appeal hearing will be. For many schools—academies, church schools etc.—you will need to contact the school direct and send your appeal within 20 school days of the decision. *Going to School in Nottingham* ([www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) under *School Admissions*) has 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.

**Appeals Team (City)**

*Democratic Services Department, LH Box 28, Loxley House, Station Road, Nottingham NG2 3NG*

Telephone

0115 8764302

**County:** The appeals procedure may vary depending on the school for which you have applied. There should be information in the refusal letter: if you are unclear about how to appeal, the school or the main council contact number 0300 500 80 80 or the School Admissions Team (see page 58) should be able to help.

**Children with statements of SEN**

If you live in the county and your child has a statement of special educational needs their place will be dealt with by the Statutory Assessment and Placement Team contact 0115 9773779. 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 statement should be amended to show the secondary school. You should receive a copy of this statement during February together with details of how to appeal if you disagree. In the city, you should always be offered a place at the school named in the statement.

## Special schools

(Your child will need a statement to attend a special school under current legislation. There is more information about statements later in this section)

### 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 Hill School**

*Fairholme Drive, Mansfield, Nottinghamshire NG19 6DX*

Telephone 01623 626008

Moderate learning difficulties. 11–16 years. Optional post 16 unit.

#### **Bracken Hill School**

*Chartwell Road, Kirkby in Ashfield, Nottinghamshire NG17 7HZ*

Telephone 01623 477268

Special and 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 3–19 years.

Play and Learn group (page 41)

#### **Derrymount School**

*Churchmoor Lane, Arnold, Nottingham NG5 8HN*

Telephone 0115 953 4015

Learning difficulties, sensory difficulties, mild physical difficulties, speech and language difficulties, autistic spectrum disorder, Down's Syndrome etc. 3–16 years.

#### **Fountaindale School**

*Nottingham Road, Mansfield, Nottinghamshire NG18 5BA*

Telephone 01623 792671

Physical disabilities. 3–19 years. After school clubs Monday and Tuesday till 7pm (pupils only)

#### **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)

Moderate learning difficulties. 3–19 years. Various afterschool clubs for pupils at school.

#### **Orchard School**

*Appletongate, Newark, Nottinghamshire NG24 1JR*

Telephone 01636 682255

Wide range of disabilities. 3–19 years.

**Redgate School (Debdale Federation)**

*Somersall Street, Mansfield, Nottinghamshire NG19 6EL*

Telephone 01623 455944

Wide ranging and complex special educational needs including autism, speech and language difficulties, Down Syndrome etc. Ages 3–11 years.

**St Giles School**

*Babworth Road, Retford, Nottinghamshire DE22 7NJ*

Telephone 01777 703683

All disabilities. Ages 13–19 years. Afterschool activities and breakfast club for St Giles pupils.

**Yeoman Park School (Debdale Federation)**

*Park Hall Road, Mansfield Woodhouse, Nottinghamshire NG19 8PS*

Telephone 01623 459540

Severe learning difficulties. 3–19 years. Afterschool club for pupils of school.

## City of Nottingham

**Oak Field School and Sports College**

*Wigman Road, Bilborough, Nottingham, NG8 4PD*

Telephone 0115 9153265

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

Physical difficulties and severe learning disabilities and profound and multiple learning difficulties 3–19 years.

**Nethergate School**

*Swansdowne Drive, Clifton, Nottingham NG11 8HX*

Telephone 0115 915 2959

Moderate learning difficulties 3–16 years.

**Rosehill School**

*St Matthias Road, Nottingham NG3 2FE*

Telephone 0115 915 5815

Autistic spectrum disorders 4–19 years.

**Westbury School**

*Chingford Road, Bilborough, Nottingham NG8 3BT*

Telephone 0115 915 5858

Emotional and behavioural difficulties 7–16 years.

**Woodlands School**

*Beechdale Road, Aspley, Nottingham NG8 3EZ*

Telephone 0115 915 5734

Moderate learning and behavioural difficulties 3–16 years.

## City schools with Individual Needs Centres/Focus Provision

These Centres/Focus provision in mainstream schools will have specialist teachers and equipment.

**Firbeck Primary and Nursery School***Firbeck Road, Wollaton, Nottingham NG8 2FB*

Telephone 0115 9155739

Individual Needs Centre for deaf children aged 5–11 years.

**Riverside Primary and Nursery School***Ainsworth Drive, The Meadows, Nottingham NG2 1FX*

Telephone 0115 9153898

Focus provision for children with autistic spectrum disorders. Ages 5–11 Years.

**Bluecoat Academy***Aspley Lane Campus, Aspley Lane, Nottingham NG8 5GY*

Telephone 0115 9297445

Focus provision for children with autistic spectrum disorders, with severe and challenging behaviour aged 11–16 years. The school has expertise in autistic spectrum disorders.

**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

Email [dawnhouse@ican.org.uk](mailto:dawnhouse@ican.org.uk)Website [www.ican.org.uk](http://www.ican.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, 4–19 years. Individual, one to one education. Day school, currently developing short stay facilities for the weekends.

**Sutherland House School**

Day school run by Nottingham Regional Society for Autistic Children and Adults (NORSACA). Based on five sites around Nottingham.

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

Lower School:

**Ravenshead (Key stages 1 & 2)***272 Longdale Lane, Ravenshead, Nottingham NG15 9AH*

Telephone 01623 490879

Email [ravenshead@sutherlandhouse.org.uk](mailto:ravenshead@sutherlandhouse.org.uk)**Carlton (Key stages 2 & 3)***Sutherland Road, Nottingham NG3 7AP*

Telephone 0115 987 3375

Email [carlton@sutherlandhouse.org.uk](mailto:carlton@sutherlandhouse.org.uk)

Upper School:

**Harby Lodge (Key Stages 3 & 4)***13 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 9629740

Email [harbylodge@sutherlandhouse.org.uk](mailto:harbylodge@sutherlandhouse.org.uk)**Falcon House (Key stage 4/post 16)***15 Pelham Street, Nottingham NG5 1AP*

Telephone 0115 960 9263

Email [falconhouse@sutherlandhouse.org.uk](mailto:falconhouse@sutherlandhouse.org.uk)**Continuing Education Centre (post 16)***8 Clinton Avenue, Nottingham NG5 1AW*

Telephone 0115 969 3373

Email [cec@sutherlandhouse.org.uk](mailto:cec@sutherlandhouse.org.uk)

## Accessibility

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

Telephone 0115 9158953

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

## Transport to school

Some, but not all, children with special needs will be eligible for assistance such as a bus pass or 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 because they need specialised transport e.g. tail-lift access. Criteria vary slightly between city and county. Children aged 2 to 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 4341**City:** Educational Transport Team: 0115 8765049.

## Free school meals, milk, clothing grants

If you receive certain means tested benefits you may be entitled to free school meals or, if your child is under 7, to free milk. Contact the

### Grants and Benefits Team (County)

Telephone 01623 433009.

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 web-site. 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).

### Pupil Benefits (City)

*Pupil Benefits, Contact Centre, Angel Row, Nottingham NG1 6HP*

Telephone 0115 9154084

Information about free school meals/milk for city pupils. There are still clothing allowances for certain pupils starting years 1,4,7,9 and 11 in city schools, but some academies may make their own arrangements.

## Special educational needs arrangements for children who are at school

### School Action and School Action Plus

The following information applies to the current (October 2012) arrangements for special educational needs. These may change in 2014 if proposed reforms go ahead.

If you are concerned about your child's progress you can talk to the teacher and also to the school's Special Educational Needs Co-ordinator (SENCO). Children who are making slower progress or are having difficulties with a particular part of their education can be given extra help by their teacher. If the school is giving extra help because your child has special educational needs they must tell you about it. This help is called School Action. The school may decide to bring in professionals from the local education authority or other agencies: this is called School Action Plus. The school may write an Individual Education Plan (IEP) for your child to set out the targets towards which your child is working. The school should keep you informed and consider your views when making any decisions and reviewing targets. The Parent Partnership Service has a range of useful leaflets to explain these stages and how the school funds extra help.

### Schools and Families Specialist Service (County)

*Welbeck House, Darwin Drive, Sherwood Energy village, Ollerton, Notts. NG22 9FF*

Telephone 01623 520075

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

Telephone 0115 8546344/45

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

Telephone 01623 433326

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) or through the Educational Psychology Service. The service consists of 4 teams. The Early Years Team is explained on page 38. The other 3 teams work with children in Key Stages 2–5 (about 8–19 years) in mainstream and special schools:

**The Autism Team** Provides training for schools in autism, in developing and using appropriate strategies and in measuring and monitoring progress.

**The Cognition and Learning Team** provides advice and training for schools in a range of learning needs eg. Down Syndrome, dyslexia, rare disorders as well as help with strategies, and monitoring progress.

**The Sensory Team** consists of specialist teachers and teaching assistants, a resource technician and rehabilitation officer and works with children with sensory (hearing and/or visual) offering assessments and interventions, advice and support to parents, training for school staff and support with independent living skills.

### **Inclusive Education Service (City)**

Telephone 0115 8765340 (Sensory and Physical Team)  
0115 8765311 (Autism Team and Learning Support Team)

The Inclusive Education Service covers the city. There are 3 teams. They support mainstream schools and nurseries to include children with special needs by providing training, equipment needed for the child while in school, advice on strategies and resources etc.

**The Autism Team**—works with children with social, communication or autistic spectrum disorders normally from 3 years old.

**The Learning Support Team** usually works with children from 3 years old as younger children will probably be seen by the Portage Early Education Team (page 39) Covers children with learning difficulties including dyslexia.

**The Sensory and Physical Team** covers children from 0–19 years (16 plus only if still in school at present—Nov 2012). Works with children with significant hearing loss, visual impairment or physical disability. Specialist teaching, assessments, modifications and equipment.

### **Parent Partnership Service**

*Suite 5, Clarendon Chambers, 32 Clarendon Street, Nottingham NG1 5LN*

Telephone/Fax 0115 948 2888 (9am–5pm Mon, Tue, Thu; 9am–4.30pm Fri; 1–9pm Wed during school term-times, 9am–4.30pm Weds during school holidays)

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

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

Impartial information, advice and support to parents of children with special educational needs or a disability living in Nottingham and Nottinghamshire, specifically

around educational issues. Confidential Helpline and face-to-face support from staff and trained independent volunteers. Parent-focused training events, local drop-in sessions, information leaflets in community languages and in alternative formats; specialist support for Asian families.

All the Drop in sessions below are term time only (as at October 2012)

<b>Hucknall</b>	Every Monday 10–12 noon, hosted by Indigo Kids (see page 90)
<b>Gedling</b>	Last Thursday of the month 9.30–11.30am hosted by Debz 4 Coffee and held at the Gedling Play Forum, <i>Wollaton Avenue, Gedling NG4 4HX</i>
<b>Mansfield</b>	Alternative Tuesdays 9.30–11.30am at APTCOO (see page 82)
<b>Newark</b>	Last Monday of the month 9.30–11.30 at Young People's Centre, Windsor Road, Newark
<b>Rushcliffe</b>	First Monday of the month 6.30–7.30pm at South Notts College Library
<b>City</b>	Second Saturday of the month 2–4pm at Rainbow Parent Carers Forum, Jigsaw Centre, Glenbrook School, Beechdale, Nottingham

## Assessments and statements of special educational needs

Statements are to be replaced by Education Health and Care Plans if current draft legislation is passed. At the time this directory was produced (autumn 2012) it was not known if children with statements would be automatically transferred or reassessed. Assuming the legislation is passed, a new 'Code of Practice' will be issued during 2013.

For a few children it may be necessary to carry out an assessment of special educational needs, which may result in a statement of special educational needs being issued. If the school decide to ask the local authority to do this they should speak to you first. As a parent/carer you have the right to request that an assessment is made of your child's special educational needs, if you feel the school cannot provide all the extra help your child requires. Talk to the school first, as they may agree to ask for the assessment. You should be told within 6 weeks of your request whether the council will carry out an assessment. If they decide not to assess they must give you the reasons. The assessment and statementing process can take up to 26 weeks. If, after the assessment, the local authority decides not to issue a statement, they can provide a note in lieu which provides useful information gathered during the assessment to help your school support your child. If a statement is to be issued you will have a chance to see and comment and express a preference for a school before the statement is finalised. The Parent Partnership Service has a useful leaflet explaining the whole assessment and statementing process.



If you live in Nottingham City you can ask for an assessment by filling in an online form: go to [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) and choose *Your Services* then *Education and Learning* then *Special Educational Needs* from the *Education for All* section.

Alternatively, you can write to the

### **Special Education Needs Team**

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

Telephone 0115 9158953

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

If you live in the county you can send your request for an assessment to

### **SEND Policy and Provision Team**

*County Hall, West Bridgford, Nottingham NG2 7QP*

Telephone 0115 9774341

If you want to appeal against a decision by the local authority not to assess or, after assessment, not to issue a statement or if you disagree with certain parts of the statement e.g. the school named in the statement or if the authority cancels your child's statement and you disagree with this, you can contact

### **Special Educational Needs and Disability Tribunal**

*Mowden Hall, Staindrop Road, Darlington DL3 9BG*

SEN Helpline 01325 392760

Website [www.justice.gov.uk/tribunals/send](http://www.justice.gov.uk/tribunals/send)

There is information on the website about how to appeal, what you can appeal about, tribunal hearings etc. The tribunal can provide a DVD explaining what happens at an appeal hearing.

You can also ask for a referral to the mediation service (Disagreement Resolution Service) which is provided by

### **Together Trust**

*Schools Hill, Cheadle, Cheshire SK8 1JE*

Telephone 0161 283 4836

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

The Together Trust Disagreement Resolution Service can get involved in any case where a pupil has special educational needs and the parents or carers cannot reach agreement with the local authority and /or school about how those needs should best be met. There are no charges for families. The service works closely with the local Parent Partnership Services.

## **Educational psychology services**

If your child is having difficulties at school even with additional help, the school may want to involve an education psychologist to discuss what more could be done to support your child.

### **Educational Psychology (County)**

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

Telephone 01623 433316/433317/433320

The 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.

### **Community Educational Psychology Service (City)**

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

Telephone 0115 9158900

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. The school can ask the service for additional services eg. individual or group counselling for pupils with autistic spectrum disorders, anxiety disorders, selective mutism etc.

## **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 the Parent Partnership Service (details earlier in this section).

There is updated (Sept 2012) guidance on exclusions on the Education Department website at [www.education.gov.uk](http://www.education.gov.uk) The Advisory Centre for Education has downloadable booklets on fixed period exclusion and permanent exclusion and school attendance. IPSEA can also give advice. You can find both these organisations under *National Support Groups*, near the end of this section.

The services below may be able to help the school and your child resolve behaviour problems.

### **Joint Access Teams/JAT (county)**

These are teams made up of people from different professions, all of whom have experience of working with children and young people. There are over 40 teams covering the whole county outside the city. They meet monthly. Their aim is to provide early support for children and their families where there are unmet needs and the person working with the family can't find an appropriate service to help. JATs can help the family through any difficult periods by listening to them, helping to make an action plan, pointing the family in the right direction and speaking on their behalf. Teams can help with a wide range of behaviour difficulties. The team will not discuss your family issues without your consent. There is more information about JATs on the county council website. Speak to your child's teacher or SENCO, school nurse if you would like a referral. You can also refer your family yourself. If you have any problems getting in touch you can contact the JAT administrator on 01623 433425

### **Primary Social and Emotional Difficulties Team (county)**

This team 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.

**MALT Teams (city)**

Provide support for behaviour issues in city schools. The school can refer your child. The MALTs are listed in the *Health* section on pages 24-25.

In any area of the city or county, you can also ask school to contact

**Think Children**

*10 Albert Street, Newark, Nottinghamshire NG24 4BJ*

Telephone 01636 676887

Email [think.children@tiscali.co.uk](mailto:think.children@tiscali.co.uk)

Work in school with children aged 4–11 years who have emerging social, emotional or behavioural difficulties. The Special Educational Needs Co-ordinator has to refer the child with the parents' consent, but parents are welcome to contact Think Children to find out more about the service. Children normally receive up to 12 one hour sessions. Covers city and whole county.

**Attendance difficulties**

The services below may be able to help if your child is missing school

**Education Welfare Service (city)**

Telephone 0115 8762965

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

There are teams of education welfare officers covering different areas of the city. This number can direct you to the most appropriate team.

**Targeted Support (county)**

*Targeted Support South, Nottinghamshire County Council, Sir John Robinson Way, Arnold, Nottinghamshire NG5 6DB*

Telephone 0115 8546049

Email [ts.south@nottscc.gov.uk](mailto:ts.south@nottscc.gov.uk)

*Targeted Support North, Thoresby House, Sherwood Energy Village, Ollerton, Nottinghamshire NG22 9FT*

Telephone 01623 520438

Email [ts.north@nottscc.gov.uk](mailto:ts.north@nottscc.gov.uk)

*Targeted Support West, Lawn View House, 40 Station Road, Sutton in Ashfield, Nottinghamshire NG17 5GA*

Telephone 01623 434238

Email [ts.west@nottscc.gov.uk](mailto:ts.west@nottscc.gov.uk)

This service covers a range of issues for young people who are vulnerable but not at immediate risk of harm, and can help where children go missing from home or school or have problems with regular school attendance. Referrals/requests for services should go to the nearest office for your area. Parents and young people can contact direct if they wish.

## Bullying

Speak to your child's teacher or SENCO in the first instance. Every school should have an antibullying policy. 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*

Parents Anti-Bullying Helpline 0845 1205204

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.

## Education outside schools

The Learning Centres provide education for children who are not currently in school for a variety of reasons including exclusion.

### Bassetlaw Learning Centre

*Newgate Street, Worksop, Nottinghamshire S80 2LW*

Telephone 01909 485737

Education for excluded pupils in Bassetlaw and Newark ages 7–16 years.

### Daybrook Learning Centre

*Sherbrooke Road, Daybrook, Nottingham NG5 6AT (may change in 2013)*

Telephone 0115 9675000

Education for pupils ages 5–16 years who have been excluded. Covers Broxtowe, Gedling and Rushcliffe.

### Oakdale Learning Centre

*Westfield Lane, Mansfield, Nottinghamshire NG19 6AH*

Telephone 01623 622229

Education for excluded pupils in Mansfield and Ashfield. Ages 5–16 years.

### Unity Learning Centre

*113 Forest Road West, Nottingham NG7 4ES*

Telephone 0115 9151271

Education for city of Nottingham pupils at Key Stage 4 (school years 10–11) who have been 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)

### Denewood Learning Centre

*Denewood Crescent, Bilborough, Nottingham NG8 3DH*

Telephone 0115 9153128

Education for city of Nottingham pupils at Key Stage 2/3 (school years 3–6) who have been excluded.

## 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. Home education can also be provided if child has had education in hospital and is expected to be at home for a further period exceeding 15 school days (in some cases the 15 days may start from when the child went into hospital)

### Health Related Education Team (County)

*Fountaindale School, Nottingham Road, Mansfield, Nottinghamshire NG18 5BA*

Telephone 01623 799157

The school should refer your child but should provide a supporting letter/information from your hospital consultant or community paediatrician. Teachers can provide education at home and can also go into Kings Mill and Bassetlaw Hospitals if education needs to be provided there. Education can be provided for anxious children who refuse to go to school. The school needs to refer the child and must involve an education psychologist. The child does not necessarily need to be being seen by the Child and Adolescent Mental Health Service. For children aged 5–16 years (as at Nov 2012).

### Hospital and Home Education Learning Centre (City but including QMC and Thorneywood)

This service ensures so far as is practical that the child or young person receives continuity of education commensurate with their age, ability, any special needs and medical condition. Although this is a city service, it does provide for children from other areas who are patients at QMC or at Thorneywood Adolescent Unit.

There is a website aimed at professionals at [www.nottinghamcity.gov.uk/esn](http://www.nottinghamcity.gov.uk/esn) (look under *Additional Needs, Hospital and Home Education Learning Centre*). You cannot refer your child yourself. Your school or your consultant/paediatrician should refer. The Learning Centre includes

#### Home Education

*Fairmead Close, Wells Road, Nottingham NG3 3AL*

Telephone 0115 9157511 (Home Education Co-ordinator)

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

Home education (for medical reasons or anxiety) provides up to 5 hours education (up to 10 hours for young people in Key Stage 4 who are well enough to attend a small group setting or those with anxiety who are unlikely to return to school). Your child will need to be referred and a letter from a hospital consultant or community paediatrician will need to accompany the referral.

#### QMC Education Centre

Telephone 0115 9249924 ex 62218

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

Continuation of schooling while in hospital and liaison with child's school. Covers children on any hospital ward and from any geographical area.

#### Thorneywood Education Base

Telephone 0115 9153862

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

(continued...)

Purpose built school for children and young people aged 5–18 years Provides education for Key stage 1 and 2 pupils who display social, emotional and behavioural needs which prevent them attending a mainstream setting full time. Also provides education for young people admitted to the Adolescent Unit at Thorneywood

## 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.

### Elective Home Education (City)

*LH Box 7, 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 E in the A–Z index.

### Elective Home Education (County)

*Second Floor, Lawn View House, 40 Station Rd., Sutton in Ashfield, Notts NG17 5GA*

Telephone 01623 434141

Advice for parents considering home education and support to re-enter school system if you decide to stop home educating. It is also possible for your child to attend school part-time and be home educated for the remainder.

There is more information on the website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (under *Elective Home Education* in the A–Z index.)

### Education Otherwise

Helpline 0845 4786345

Website [www.education-otherwise.net](http://www.education-otherwise.net)

Registered charity. Membership organisation providing information and support for families whose children are being educated outside school.

## Support organisations/services

### Local

See also 'Parent Partnership Service' earlier in this section.

### Dyslexia Action

*Nottingham Centre, 1A, Bridlesmith Gate, Bottle Lane, Nottingham NG1 2GR*

Telephone 0300 3038350

Email [nottingham@dyslexiaaction.org.uk](mailto:nottingham@dyslexiaaction.org.uk)

Website [www.dyslexiaaction.org.uk](http://www.dyslexiaaction.org.uk) (Contact Us, Find Your Local Centre)

Office hours Monday–Friday 8.30–3.30pm. Free half hour consultation to discuss difficulties. Fees charged for assessments by psychologists and teachers and for specialist tuition. Occasional free information sessions for parents on Saturdays. Bursaries may be available for families on low incomes.

*Sheffield Centre, Knowle House, 4 Norfolk Park Road, Sheffield S2 3QE*

Telephone 0114 2815905/2815906

Office hours Monday–Friday 9am–4pm. There is a teaching outpost in Chesterfield but families need to contact main office.

### **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.

### **National**

#### **ACE Centre North**

*Hollinwood Business Centre, Albert Street, Hollinwood, Oldham OL8 3QL*

Telephone 0161 3580151

Email [enquiries@ace-north.org.uk](mailto:enquiries@ace-north.org.uk)

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

Provide help and expertise in the field of Augmentative and Alternative Communication (AAC) and Assistive Technology (AT). Free advice and information, charges for equipment loan and for assessments. Free one hour appointments for specific advice are available during monthly information days.

#### **Advisory Centre for Education (ACE) Ltd**

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

The Advisory Centre for Education has now closed. However there are still booklets on exclusion, admissions, SEN etc. available to download from the website. At present (autumn 2012) information is up to date but it is not known if it will be updated in the future.

#### **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 promoting inclusion. Provides online information about inclusive education and related issues. Publications.

#### **Independent Panel for Special Educational Advice (IPSEA)**

*Hunters Court, Debden Road, Saffron Walden CB11 4AA*

Telephone 0800 018 4016 (general advice line Mon–Fri  
10–4 and 7–9 pm)

Tribunal Help Line 0845 602 9579

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

IPSEA is a registered charity offering free and independent legally based advice to parents of children with special educational needs in England and Wales. Website includes information on assessments and statementing, refusal to assess, going to tri-

bunal, exclusions, transport to school etc. Downloadable advice sheets and sample letters.

### **Network 81**

*10 Boleyn Way, West Clacton, Essex CO15 2NJ*

Telephone Helpline 0845 0774055

Website [www.network81.org](http://www.network81.org)

Email [network81@hotmail.co.uk](mailto:network81@hotmail.co.uk)

Aims to advance the education for children with special needs and inform parents of these children about all matters relating to the education of their children.

### **Parents for Inclusion (Pi)**

*336 Brixton Road, London SW9 7AA*

Helpline 0800 652 3145/020 7737 5599 (Mon, Wed  
10am–12pm)

Office 0207 738 3888

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

Parents helping parents so that disabled children can learn, make friends and have a voice in ordinary schools and throughout life. National charity.

### **Young Epilepsy**

*St Piers Lane, Lingfield, Surrey RH7 6PW*

Telephone 01342 832243

Childhood Epilepsy Helpline 01342 831342 (Mon-Fri 9am–1pm)

Email [info@youngepilepsy.org.uk](mailto:info@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.



## Children and families services (social care)

Children and Young People's Services in Nottingham and Nottinghamshire provide a range of services. Details of the different short breaks services which might be offered are included in the *Play* section. Help for young people with substantial and permanent disabilities moving to adult services is included in the *Transition* section. More information about Direct Payments, Personal Budgets and Disabled Facilities Grants is available in the *Money Matters* section.

The city council website has information about services for children and families at [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

The county council website is being updated (Nov 2012) but should include information in the future: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

You can download a copy of Contact a Family's factsheet on *Disabled Children's Services in England* from their website [www.cafamily.org.uk](http://www.cafamily.org.uk)

This is updated regularly. It includes detailed information about legal entitlements to services, eligibility criteria, when services might or might not be available for families from other countries etc.

## Getting help from the disability services

If you have a child with special needs and would like advice or an assessment you need to contact the services below. If you prefer, your doctor, health visitor etc. can make the contact for you. All council services offices should have access to interpreters.

### Children's Disability Service (County)

*Social Worker Duty Point, Meadow House, Littleworth, Mansfield, Notts. NG18 2TB*

Telephone 01623 433075/076

The team works with children and families to ensure that the child's (and carer's) needs are met as well as possible, by providing services such as home care, befriending, short breaks, direct payments or by funding and negotiating with other agencies to provide appropriate services. The home care service provides personal care for children with disabilities aged 0–18 years within their own home and works between 7am–10pm each day. The services cover the whole county outside the city.

### Disabled Children's Teams (Nottingham City)

*North: Mary Potter Centre, 76 Gregory Boulevard, Hyson Green, Nottm. NG7 5HY*

Telephone 0115 883 8266

Mobile 07903407624

Minicom 0115 8786373

*South: Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8EW*

Telephone 0115 8836340

Email [disabledchildren.team@nottinghamcity.gov.uk](mailto:disabledchildren.team@nottinghamcity.gov.uk)  
(for both teams)

The teams carry out assessments of children and young people 0–19 with permanent and substantial disabilities whose health, welfare or development are likely to be impaired without specialist short breaks, support services, adaptations or equipment. The teams include social workers, occupational therapists and family support workers. Social workers and family support workers can provide services such as short breaks,

home care, advice and signposting. Occupational therapists can help find solutions to difficulties with everyday activities for example by providing equipment, minor or major adaptations, recommendations for rehousing and advice. A member of the team can visit the child at home to assess how the child and family are managing seating, dressing, mobility etc. The occupational therapists work with the Adaptations Agency where essential adaptations are needed to help you apply for a disabled facilities grant. (See *Equipment and housing adaptations* further on in this section.)

Referral can be made by a parent or a disabled young person by contacting a duty worker. This can be done in person (office open 8.30am–4.50pm Monday–Friday) by phone or in writing. A professional can do the referral for you. They will be expected to have completed a Common Assessment Framework form (see below).

## Assessments

### The Common Assessment Framework (CAF)

The CAF can be used if you or someone working with your child would like your child to get extra support. If you (and your child if they are not too young) agree, a worker will ask some questions to find out what help your child needs and will complete the CAF form. A young person can discuss their needs on their own with the worker if they wish and the discussions can be kept confidential (unless the young person is at risk of harm). Based on the information you provide, everyone who can help your child should work together to provide the support they need so that extra help is delivered in a coordinated way. Not every child with disabilities/special needs will need the CAF. If your child's needs are already being met or you just need a referral to a single service the CAF will probably not be needed. If a number of different agencies are required to meet your child's needs then a 'lead professional' may be identified to organise meetings etc. and a 'keyworker' to be the main point of contact for you and your family. The CAF should mean that information about your child can be shared with workers 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. It is not clear at present (November 2012) how the CAF will be affected if the government's proposals for Education, Health and Care Plans become law.

### Assessments for parents/carers

Parents or those with parental responsibility for a disabled child who provide a substantial amount of care on a regular basis for the child have a right to ask for an assessment under the Carers and Disabled Children Act 2000. The assessment looks at your own needs as a carer and help you may need to maintain your own health and balance caring with other commitments. You can ask your social worker or local social services office (at the end of this section) for an assessment. You can get more information about Carers Assessments from:

#### Carers UK

CarersLine

Website

0808 808 7777

[www.carersuk.org](http://www.carersuk.org)

## Carers Direct

Telephone

0808 802 0202 (9am–8pm Monday to Friday,  
11am–4pm at weekends)

Website

[www.nhs.uk](http://www.nhs.uk) (choose *Carers Direct* tab)

Calls are free from landlines and mobiles and you can request a call back in one of 170 languages. You can also talk to an advisor live online.

## Direct payments

If following an assessment of your child or a carers assessment it is agreed that you are eligible for services, you can opt to receive direct payments. Direct payments are cash payments made in lieu of services that would be provided or arranged directly from the local authority at a rate deemed reasonable to purchase these services.

Direct payments give you a choice about who you want to provide a service. For example, you may know a friend who could provide a service, or want to employ someone or buy a service from an organisation.

The council must offer direct payments to eligible individuals. If your child is not eligible for support then you cannot access direct payments. Since direct payments are an alternative way of receiving a service, they do not count as income and will not affect your tax or benefits. There is more information on the councils' websites [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) and [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

If you are already receiving services and decide to move to direct payments so that you can arrange services yourself that are more flexible do make sure you have covered everything your child needs which the 'old' services used to provide. Do not assume a statutory service will step in as this may not be possible if you have not made arrangements in advance.

## Personal budgets

A personal budget (sometimes referred to in the past as an individual budget) looks at bringing together funding from different services eg. health, education, social care, and making that funding available for a family to use in a way that meets their needs.

As explained in the *Education* section of this directory, the government is proposing to introduce Education, Health and Care Plans from about 2014 and parents whose child has one of these plans will be able to request a personal budget, if they choose. This means that parents will be able to buy-in the specialist support that is identified in the Plan and manage the provision of this support themselves should they choose to do so (ie. they would receive part or all of the personal budget as a direct payment.) Parents may not want to manage the funding and may choose to leave it with the local authority so that the authority can commission the services the child needs but the parents/young person can still choose how the care needs are met and by whom. Nottinghamshire is one of the pilot sites (Nottinghamshire SEND Pathfinder) which the government has set up to look at how a coordinated assessment (instead of separate assessments by different statutory services), an Education Health and Care Plan and a Personal Budget could work. There is more information at: [www.sendpathfinder-notts.co.uk](http://www.sendpathfinder-notts.co.uk)

In Nottingham City, following a successful pilot scheme, personal budgets are being introduced for all young people who have been assessed and who would like

one. If you would like to find out more:

Telephone 0115 9157566

The Direct Payments Officer 0115 8838263 can also advise.

## Equipment and housing adaptations

The occupational therapists within the children's disability services provide equipment and assessments for adaptations. To start this process you need to contact the teams below depending on where you live.

### Disabled Children's Teams (Nottingham City)

(see contact details and description earlier in this section)

Once adaptations have been agreed following an occupational therapy assessment in the city, the service below can help:

#### Adaptations and Renewal Agency

*Loxley House, Station Street, Nottingham NG2 3NG*

Telephone 0115 8764426

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

(under *Adaptations* in the A to Z)

Carries out disabled facility work to all tenures including council tenants, owner occupiers, private tenants and housing association/charity tenants. There is more information on the website.

### Occupational Therapy (County)

*Children's Disability Occupational Therapy Service Duty Point*

Telephone 01623 433060

Email [childrenot.duty@nottsec.gov.uk](mailto:childrenot.duty@nottsec.gov.uk)

Advice and help with obtaining equipment (or direct payments for equipment), housing adaptations, grants for adaptations and support with applications for essential rehousing because of your child's disability. There is also a short term equipment loan service for children with disabilities living in the county. You need to contact your occupational therapist for this or the number above if you do not have an occupational therapist. There are more details about this service in the *Equipment* section of this directory on page 157.

## Emergency care

### Emergency Carer Support Scheme (City)

Telephone 0115 9628920

Out of Hours 07900267086

For families in Nottingham city. Provides care services to support the carers of a disabled child or young person during an unforeseen emergency. Care can be provided over a 72 hour period. The Disabled Children's Team or the child's social worker would arrange care for longer periods after this if needed. Contact can be via the Disabled Children's Team but parents/carers can also contact direct.

## Children's Disability Register

This is a register of children and young people with disabilities in the city and the county aged from 0–25 years. The register is voluntary and is used by the councils to plan services and consult families. 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 with local events and activities for children with disabilities and useful articles. The register is hosted (Nov 2012) by

### IRIS

*Unit 18, Clarendon Chambers, 32 Clarendon Street, Nottingham NG1 5LN*

Telephone 0115 853 3291

Email [contactus@askiris.org.uk](mailto:contactus@askiris.org.uk)

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

## Support for vulnerable young people and families

### Targeted Support Team (city)

*2nd Floor, 2 Isabella Street, Nottingham NG1 6AT*

Telephone 0115 8762493 or 95

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

Works on short term, intensive basis with young people aged 8–18 and their families/carers. Young people are referred if they are at risk of being placed in care due to family breakdown or if they are moving placement or returning home from care. The service aims to support young people and their families at these difficult times. You cannot self refer: referral is through the duty social worker at the main city office (see end of this section).

### Targeted Support (county)

*Targeted Support South, Nottinghamshire County Council, Sir John Robinson Way, Arnold, Nottinghamshire NG5 6DB*

Telephone 0115 8546049

Email [ts.south@nottscc.gov.uk](mailto:ts.south@nottscc.gov.uk)

*Targeted Support North, Thoresby House, Sherwood Energy Village, Ollerton, Nottinghamshire NG22 9FT*

Telephone 01623 520438

Email [ts.north@nottscc.gov.uk](mailto:ts.north@nottscc.gov.uk)

*Targeted Support West, Lawn View House, 40 Station Road, Sutton in Ashfield, Nottinghamshire NG17 5GA*

Telephone 01623 434238

Email [ts.west@nottscc.gov.uk](mailto:ts.west@nottscc.gov.uk)

This service covers a range of issues for young people who are vulnerable including those who have problems with drugs and alcohol or are at risk of getting involved in antisocial behaviour as well as those caring for a parent with disabilities.

Referrals/requests for services should go to the nearest office for your area. Parents and young people can contact direct if they wish.

**Youth Offending Team (City)***2 Isabella Street, Nottingham NG1 6AT*

Telephone 0115 9159400

The Youth Offending Team works with young people aged 13–18 years who live in the city to reduce reoffending and protect the public. These are usually young people who have already made a court appearance. The team includes staff from the probation, police, health, education and Compass drug and alcohol services.

**Youth Offending Service (County)***Thoresby House, Fountain Court, Darwin Drive, Sherwood Energy Village,**New Ollerton, Newark, Nottinghamshire NG22 9GS*

Telephone 01623 520108

The service works with children aged 8–18 years who live in the county, outside the city and who are at risk of offending or antisocial behaviour or have already committed offences. They look at ways to help young people change their behaviour and take responsibility for their actions with the aim of preventing offending or reoffending. Anyone can refer but the child should consent.

**Support for adopted children**

Phone the service for the area in which you live: the services will contact each other if records need to be transferred.

**Support After Adoption (County)***Chadburn House, Weighbridge Road, Mansfield, Nottinghamshire NG18 1AH*

Telephone 01623 437988 Mon 9.30am–1pm, Tue 4–7.30pm,

Thu 1–4pm (answerphone at other times)

Email [support.afteradoption@nottsc.gov.uk](mailto:support.afteradoption@nottsc.gov.uk)Website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) under *Caring and Supporting*

Support to adopted people, birth relatives and families who have adopted a child. Letterbox scheme to allow adopted people, birth relatives and adopters to keep in touch. Help for adopted adults wishing to trace birth relatives and for birth families wishing to trace adopted relatives. Post adoption linking scheme for children and young people.

**Nottingham City Post Adoption Service***The Gate House, 73 Hounds Gate, Nottingham NG1 6BB (until c. Feb 2013)*

Telephone 0115 8764929 Monday 9.30am–1pm

(answerphone outside these times)

Parenting an adopted child often involves many factors, including managing challenging behaviour and the child's attachment within their adoptive family. Nottingham City Post Adoption Service offers advice to adoptive families on how to access post adoption support and counselling, both locally and nationally. The service will be moving in 2013 although the phone number may not change. New details should be available at [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

## **Contacting your local Children and Families Services office**

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, Notts. NG22 9FF*

Telephone 0300 500 8080 (for either office)

City of Nottingham

*Denewood Centre, Denewood Crescent, Bilborough, Nottingham NG8 3DH*

Telephone 0115 8765600

These numbers are for the duty social workers.

### **Emergency contact numbers out of hours**

City Children and Families Service 0115 8765600

County Social Services 0300 4564546

## Parent groups and voluntary services

**f** indicates that a group can be found on Facebook at [www.facebook.com](http://www.facebook.com) and **t** shows that it is on Twitter.

### General support groups

These local and national groups give advice on a range of issues related to children with special needs. Some of the Children's Centres run groups for children with disabilities and their parents—see the list in the *Childcare and children's centres* section of this directory.

#### Local

##### **A Place to Call Our Own (APTCOO) f t**

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

Telephone 01623 629902

Email [enquiries@aptcoo.co.uk](mailto:enquiries@aptcoo.co.uk)

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

One to one support for parents. Range of groups for parents, siblings (see later in this section under *Support for brothers and sisters*) Sensory room, toy library, chillax room, accessible gardens. Two adapted holiday caravans at Butlins, Skegness.

Courses for adults run in association with Vision West Nottinghamshire College.

Groups (Dec 2012) include:

Sunshine parents group on alternate Tuesdays 9.30–11.30am

Mosaic group for children aged 0–5 Mondays 1–3pm

APTCOO Kidz on alternate Tuesdays 4.30–6.30pm (5–10 year olds)

Youth club on Thursdays 6.30–8.30pm (11–13 year olds)

Wicked Workshops for young people on some Saturdays 11am–2pm

Parents Forum monthly on Thursdays 10am–12pm

A Voice to Call our Own sessions for young people (14–25 year olds)

Timetables, details of special events available from the website and from Facebook.

##### **Asian and Black Minority Ethnic Parents Group**

Telephone 0115 9482888 (Noreen at Parent Partnership Service)

Support group for Asian parents caring for a child with disabilities. Monthly meetings at either Oak Field School (page 61) or (every third month) at the Vine Community Centre. Contact for further details.

##### **Asian Parent Autism Group**

*Meets at New Art Exchange, 39-41 Gregory Boulevard, Nottingham NG7 6BE*

Telephone 0115 9761805 (Sue Lee at NORSACA) or

0115 9482888 (Noreen at Parent Partnership Service)

For Asian parents and carers of children of any age with autistic spectrum disorders. Other parents from black and ethnic minority backgrounds welcome. Monthly, currently (Dec 2012) on a Thursday 10am–12.30pm



**BECONN Service**

*Christopher Cargill House, 21-23 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 962 9316/7/8/9

Free confidential service for black & ethnic minority carers of children or adults with disabilities, long term illness, mental health or substance misuse issues. Advocacy, help with accessing services, support.

**Butterfly Project**

*Barnardos, 2 Clinton Avenue, Nottingham NG5 1AW (details may change in 2013)*

Telephone 0115 9691177

A service for children and young people (up to the age of 18) with a life-limiting condition, and their family/carers. The Butterfly team includes a consultant community paediatrician, project manager, health and social care workers and a bereavement worker.

**The Carers Federation Ltd Adult Carer Support**

*Christopher Cargill House, 21-23 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 9629310 (main office)

Telephone for carer support 0115 9629315 (city)  
9629313 (Broxtowe, Rushcliffe)  
07802775560 (Gedling, Newark/Sherwood)  
07793268235 (Bassetlaw)  
07740410314 (Ashfield, Mansfield)

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

Offers support service to carers, groups, training etc. This service supports adults. Young carers under 18 should contact *Action for Young Carers* (in city) or *Nottinghamshire Young Carers Service* (in county).

**Debz4coffee**

Telephone 07866321975 (Deb) 07753439782 (Ann)

Email [Debz4coffee@hotmail.co.uk](mailto:Debz4coffee@hotmail.co.uk)

Drop in meetings at Arnold Methodist Church on Thursday mornings (contact for dates), lunches, outings and play events, football sessions Last Thursday of the month 9.30–11.30am termtime only arts and crafts session at Gedling Play Forum for parents (children welcome if they need to come) with Parent Partnership Service there to offer advice on education issues.

**Fame: Nottinghamshire Children and Families Mediation Service**

*3 Pelham Court, Pelham Road, Nottingham NG5 1AP*

Telephone 0115 9858855

Email [familymediation@famenottinghamshire.org.uk](mailto:familymediation@famenottinghamshire.org.uk)

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

Confidential service to families in dispute over arrangements for their children before, during or after separation/divorce.

**Family First**

*174 Derby Road, Nottingham NG7 1NF*

Telephone 0800 0130497

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

Family First are now part of ASRA. Help families on a low income find homes. Services include children's clothing, toys and equipment recycling service. Also day services for people 16+ with mental health problems.

**Friends Together (Bassetlaw Project for Children with Additional Needs)***The Library, Memorial Avenue, Worksop, Nottinghamshire S80 2BP***Telephone**

01777 274422 (Single Point of Access—ask for Diane Edwards or for Friends Together)

Groups for parents and carers of children with disabilities/additional needs in Bassetlaw area. Everyone welcome as long as they have a GP within Bassetlaw, no definite diagnosis needed. Fun activities after school and in school holidays eg. swimming, weekly football sessions (Ordsall Rangers), play sessions at 'Captain Jack's' ring for details or look on the IRIS website at [www.askiris.org.uk](http://www.askiris.org.uk) Meetings for families with child with any disability are held on the third Wednesday of the month from 10am–12pm.

There are specific Friends Together groups for autistic spectrum disorders and for Down's Syndrome see later in this section under *Support groups for particular conditions*.

**Nottingham Mencap f***Centre House 4 Chapel Bar, Nottingham NG1 6JQ***Telephone**

0115 9561130

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

Services include Information Service, M8s clubs for children and young people with learning disabilities aged 8–19 years, Lifestyle Choices for young people aged 16 and over and for adults, and Short Breaks services.

**Notts PACT****Telephone**

07528588801

**Email**[nottspact@live.co.uk](mailto:nottspact@live.co.uk)**Website**[www.nottspact.co.uk](http://www.nottspact.co.uk)

Parent Carer Forum for Nottinghamshire families. Provide training and opportunities to give parents a voice and to influence service provision. This community group is parent led.

**Notts Postnatal Network****Telephone**

0115 987 1401

**Email via**[nottspact@live.co.uk](mailto:nottspact@live.co.uk)

Support for families after the birth of a baby with an illness or special needs.

**Rainbow Parents Carers Forum***C/O Monty Hind Youth Club, Leengate, Lenton, Nottingham NG7 2LX***Telephone**

07837278981

**Email**[admin@rainbowparentscarersforum.org.uk](mailto:admin@rainbowparentscarersforum.org.uk)**Website**[www.rainbowparentscarersforum.org.uk](http://www.rainbowparentscarersforum.org.uk)

A support group and 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 advice on education, health, social care and benefits. Participates in and influences local decision making on services for disabled children, young people and their families Promotes the well being of parents and carers and children via a 'virtual forum' and peer network. Provides training to parents, carers and professionals. Works in partnership with the local authority to deliver person centred support plans for children & young people with disabilities

Rainbow 1 meets on second Saturday of the month 2–3.55pm in the Glenbrook Primary School, Wigman Road, Bilborough, Nottingham NG8 4PD.

Rainbow 2 meets on the fourth Saturday of the month 2–3.55pm at Monty Hind Youth Club. Inclusive ice skating at the National Ice Centre, Nottingham (10–10.45am), family swimming at Ken Martin Leisure Centre (2.15–3.15pm with refreshments and play till 4.15pm) both monthly on Sundays, soft play and sensory session at Beechdale Swimming Centre monthly on Saturdays, cycling club for children with disabilities at Oak Field School Mondays 6–8pm termtime only.

### **Relate Nottinghamshire**

*96 Mansfield Road, Nottingham NG1 3HD*

Telephone 0115 9507836

Text 07758 802870

Email [info@relate-nottingham.org.uk](mailto:info@relate-nottingham.org.uk)

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

Offers relationship counselling, family therapy and psychosexual therapy. Parents in the city may be able to get free counselling from Relate via their local Sure Start Children's Centre. This is not offered at all Children's Centres (Nov 2012) and is subject to funding continuing to be available. Relate2U counselling for young people aged 11–19 years, mainly in Nottingham but some available in Mansfield.

### **Special Kids Nottingham**

Telephone 07856705491

Email [specialkids1@live.co.uk](mailto:specialkids1@live.co.uk)

Support group for parents of children with any disability. Meets in the evenings in Gedling area.

### **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 f t**

*326 Buxton Road, High Lane, Stockport SK6 8BH*

Telephone 0800 0744519 or 01663 763004

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

Campaigns for children's rights in hospital and for better services. Support families and professionals to ensure children get best standard of care. Dental playbox project. Publications and DVD's for children going in to hospital and for parents.

### **The Ann Craft Trust f t**

*Centre for Social Work, University of Nottingham, University Park Nottm. NG7 2RD*

Telephone 0115 9515400 (Mon–Thu 9am–5pm, 9am–4pm)

Email [ann-craft-trust@nottingham.ac.uk](mailto:ann-craft-trust@nottingham.ac.uk)

The Trust works to ensure that organisations that support people disabled children and vulnerable adults are aware of abuse and protection issues. Provides advice to anyone who has a query about the protection of vulnerable children and adults, including parents, carers and family members and professionals. Works to raise professional awareness and also to increase the knowledge and skills of professionals who can then help reduce the risk of abuse and support people who have been abused.

### **ARC (Antenatal results and choices) f t**

*345 City Road, London EC1V 1LR*

Telephone 0845 077 2290 or

0207 713 7486 from a mobile phone

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

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

ARC offers information and support to parents who are making decisions before, during and after antenatal tests, or who are told their unborn baby has an anomaly, or are dealing with the aftermath of a loss after a diagnosis of fetal anomaly. Non-directive support by phone or via online forums including one for men. Publications to order for parents who have ended a pregnancy and for those who decide to continue.

### **Caring with Confidence**

Telephone 0808 802 0202 (Carers Direct)

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

Free online course for carers. You can also download self study workbooks from [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

### **Challenging Behaviour Foundation f t**

*The Old Courthouse, New Road Avenue Chatham Kent ME4 6BE*

Telephone 01634 838739

Family Support Line 0845 602 7885

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

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

Exists to demonstrate that individuals with severe learning disabilities who have challenging behaviour can enjoy normal life opportunities when their behaviour is properly understood and managed. Supports parents and carers to enable this to happen. The Family Support Worker can give individual advice to carers of people with severe learning disabilities and challenging behaviour but you may find the information you need on the website.

### **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 work through the problems in their relationship. Includes a section on having a child with additional needs and a message board to discuss issues with other parents.

### **ERIC—Enuresis Resource and information Centre f t**

*36 Old School House, Britannia Road, Kingswood, Bristol BS15 8DB*

Telephone 0845 3708008 (24 hours)

Text 447 624 811 636 (standard rates apply)

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

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

ERIC is a national charity (no 1002424) which provides information and support to children, young people, parents and professionals on childhood bedwetting, daytime wetting and soiling. Information on toilet training for children with disabilities. Sells a range of products to help with wetting, soiling etc. Downloadable guides for parents, message boards.

### **Family Lives f t**

Telephone 0808 800 2222 (24 hour, all year)

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

Message boards, live chat and parenting/relationship support groups. All services are free. Support with all aspects of family life including stages of a child's development, issues with schools and parenting/relationship support. Support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children

### **Gingerbread f t**

*520 Highgate Studios, 53–79 Highgate Road, London, NW5 1TL f t*

Helpline 0808 802 0925

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

Support and practical help for single parent families. Factsheets to download. There is a forum on the website for single parents with disability issues. There is also a useful tool to check whether you might be affected by the benefits cap (under *Advice and Information, Tailored Advice, Benefits Cap*)

### **Newlife Foundation f t**

*Newlife Centre, Hemlock Business Park, Hemlock Way, Cannock, Staffs. WS11 7GF*

Telephone 01543 462 777

Helpline staffed by nurses 0800 9020095

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

Support for families with children with all disabilities, helpline staffed by nurses, publications, grants for families (see *Money matters* section), support for those without a diagnosis. Sensory Box loans of hardy play equipment relevant to the child's age and needs. Also online searchable database of conditions.

### **Smile**

Telephone 07796132144

Support group in Kirkby in Ashfield for parents of children with special education needs.

**Through the Roof f***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. Offer information, resources and training. Support both families and disabled individuals. Fellowship for disabled Christians through local groups, accessible holidays, inspirational tapes/CDs. Also work with people with disabilities in developing countries. Integr8 is TTR's youth programme empowering young disabled people to get involved and make a difference in their church and local communities. There is a short annual holiday for children with autism and their families at a centre in Sussex.

**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:

**RUSH (Attention deficit hyperactivity disorder) f***Meets at Radford Children's Centre, Kennington Road, Radford, Nottm. NG8 1QD.*

Telephone 07881645663 (Mon to Fri)

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

Rush is a support group for families with a child with attention deficit disorder. Meets the first Monday of every month at 10am–12pm in term time.

See also Autism and ADHD Support Group, Newark and Sherwood Autism and ADHD Support Group, Spectrum WASP.

**Adoption UK***55 The Green, South Bar Street, Banbury OX16 9AB*

Helpline 0844 848 7900 (10am–4pm, Mon–Fri, 5p per minute from landlines up to £1.50 for mobiles)

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

Support for adoptive families, before, during and after adoption.

**BAAF (British Association of Adoption and Fostering) f t***Dolphin House, 54 Coventry Rd, Birmingham B10 0RX*

Telephone 0113 2891144 (Mon–Fri 9am–1pm)

Email [midlands@baaf.org.uk](mailto:midlands@baaf.org.uk)Website [www.baaf.org.uk](http://www.baaf.org.uk)

Cover central England including Derbyshire, Nottinghamshire and Lincolnshire. Offer an advice line on adoption, fostering and tracing relatives for members of the public and for professionals.

**Arthritis Care f t***Floor 4, Linen Court, 10 East Road, London N1 6AD*

Telephone 0115 952 5522 (Central England office)  
0808 800 4050 (Helpline)  
0808 800 2000 (young people and parents)  
Email [CentralEngland@arthritiscare.org.uk](mailto:CentralEngland@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 f t**

Telephone 01905 745 595  
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.

### **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 f t**

*Summit House, 70 Wilson Street, London EC2A 2DB*

Telephone 0800 1216255 or  
0800 1216244 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, holidays for children and young people with asthma.  
Befriending groups for young people 18–25 years (nearest currently (Nov 2012) is Leicester)

### **ASD Support Group Bilborough**

*Meets at the Jigsaw Building, Glenbrook School, Wigman Road, Bilborough, Nottingham NG8 4PD*

Telephone 0115 9155709 (Tracey Brecknock)

Support group for parents of children with autistic spectrum disorders and/or ADHD.  
Meets monthly.

### **Autism and ADHD Support Group**

*North West Children's Centre, Corner House 18 Strelley Rd., Broxtowe, Nottingham NG8 3AP*

Contact Julie Evans 0115 979 1171  
(main Centre number is 0115 929 0330)

Monthly on a Friday 9.30–11.30 am. Refreshments, activities for children, use of sensory room.

### **Bassetlaw Drop In (Autistic spectrum disorders)**

*Meets at Tall Trees, Rectory Road, Retford DN22 7AY*

Telephone 0115 9761805 (Linsey Atkins)  
 For parents and carers of young people and adults with autistic spectrum disorders/Asperger Syndrome aged 11 plus. Last Friday of the month 10–12.30pm

### **Dads Group (Autistic spectrum disorders)**

Telephone 0115 9761720 (Kieran Lee)  
 Email [kieran.lee@nottscg.gov.uk](mailto:kieran.lee@nottscg.gov.uk)  
 Website [www.norsaca.org.uk](http://www.norsaca.org.uk)

Social meetings for dads of children with autistic spectrum disorders. Monthly usually on the first Tuesday of the month. Meetings are held in venues around Nottinghamshire. Contact Kieran for details.

### **Derbyshire Autism Services Group**

*28D High Street, Ripley, Derbyshire DE5 3HH*

Telephone 01773 741221  
 Email [dasg@autismsupport.co.uk](mailto:dasg@autismsupport.co.uk)  
 Website [www.autismsupport.co.uk](http://www.autismsupport.co.uk)

Advice, information, activities.

### **Friends Together Parents/Carers Group (Autistic spectrum disorders)**

*The Library, Memorial Avenue, Worksop, Nottinghamshire S80 2BP*

Telephone 01777 274422 (ask for Diane Edwards or Friends Together)

Group for parents with a child with autistic spectrum disorder in Bassetlaw. Meets monthly on the first Wednesday from 10am–12pm. Inclusive events held in the holidays. Families must be registered with a Bassetlaw GP.

### **Indigo Kids (Autistic spectrum disorders)**

*Indigo Autism Resource Centre, Dovecote Road, Beauvale, Newthorpe Nottinghamshire NG16 2EZ*

Telephone 07905 586 910 or 07549 170 490  
 Email [indigokids38@live.co.uk](mailto:indigokids38@live.co.uk) or [indigokids1@live.co.uk](mailto:indigokids1@live.co.uk)  
 Email for clubs [indigo.emma@live.co.uk](mailto:indigo.emma@live.co.uk) (Emma)  
 Contact for Indigo Tots 07712 513 218 [louhs@hotmail.co.uk](mailto:louhs@hotmail.co.uk) (Louise)  
 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 5.35pm–7.30pm on Tuesdays (4–10years), Wednesdays (11–15years), Thursdays (15+).

Saturday club for all ages. Tots Group Tuesdays 9.30–11.30am

### **Mansfield Autism Support Group**

*Meetings at Harwood Court, Harwood Close, Sutton in Ashfield NG17 4PD*

Telephone 01623 454662 (Joyce Betts)

Meet on 1st Monday of the month from 7–9pm. Family session at Harwood Court on second Sunday of month 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.



**The Maze: for parents of children with autistic spectrum disorder**

*Community Room ASDA Arnold, Nottingham*

Telephone 07783826835

Wednesday 10am–2pm only for information, support and advice. Dads group meets once a month on Friday at Arrow Public House, Arnold.

**National Autistic Society**

*393 City Road, London EC1V 1NG*

Telephone 0800 800 4104 (helpline 10am–4pm Mon–Fri excl. bank holidays/language line)

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**

Telephone 07808 345211 (Laura) or 07960121027 (Rachel)

Email [newarkautismgroup@hotmail.co.uk](mailto:newarkautismgroup@hotmail.co.uk)

Meetings on first Thursday of the month during termtime at *William Gladstone School, Holden Crescent, Newark NG24 4HU* 9.30–11.30am.

Coffee and chat on third Thursday of the month from 9.30–11.30am during termtime at Young People's Centre, *Windsor Road, Newark NG24 4HX*.

Siblings group (see under *Support for brothers and sisters* further on in this section).

Trips and parties for children. Training sessions for parents and carers, education advice sessions delivered by Parent Partnership Service.

**NORSACA Nottingham Regional Society for Adults and Children with Autism f t**

*Park Hall Autism Resource Centre, Park Road, Bestwood Village, Nottim. NG6 8TQ*

Telephone 0115 9761805

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

Provides a range of assessment, educational, residential and community services for people with autism as well as support for carers. Counselling, telephone, parent programmes, workshops, summer play scheme, siblings group in summer term. Details of courses, workshops for parents available from the website. Ask to be put on the mailing list for details of play activities and parent programmes.

**Rushcliffe Parent Support Group (Autistic spectrum disorder)**

*Student Support Room, South Nottinghamshire College, Greythorne Drive, West Bridgford, Nottingham NG2 7GA*

Telephone 0115 9149757 (Paula Webb)

0115 9235466 (Linda Jones)

For families/carers with a child with autistic spectrum disorder. Meets first Monday each month 7–9pm except August, when the group meet at a different venue (contact for details) and in September when no meeting is held.

**Southglade Autistic Spectrum Disorders Support Group**

*Southglade Access Centre, Southglade Park, Southglade Road, Bestwood NG5 5GU*

Telephone 0115 915 9152  
 Alternate Wednesdays 9.30–11.30am, no diagnosis needed.

### **Spectrum WASP (Autistic spectrum disorders, Rainworth)**

Telephone 01623 795610 (Sue Harpham, Joseph Whitaker School)  
 Email [sueharpham@josephwhitaker.notts.sch.uk](mailto:sueharpham@josephwhitaker.notts.sch.uk)

Meetings at *Joseph Whitaker School, Warsop Lane, Rainworth NG21 0AG* on third Wednesday of month 7–8.30pm, and on first Tuesday of month at *Python Hill School, Kirklington Road Rainworth NG21 0JZ*.

Drop in coffee mornings every Monday 9.30–11.30am at *Blidworth Oaks School, Haywood Avenue, Blidworth NG21 0RE*

Out of school, weekend and holiday activities for families. Although the group is aimed at families with children with autistic spectrum disorders (diagnosed or undiagnosed) children with other disabilities (eg. ADHD, physical disabilities) would not be excluded.

### **My Sight Nottinghamshire (Blindness/visual impairment) f t**

*Ortzen Street, Radford, Nottingham NG7 4BN*

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, bookable appointments to discuss equipment. Mobile support centre visits venues across Nottinghamshire (call or see website for details). IT support service can help you with adjusting your computer (small charge for home visits). Some outings and occasional events for children.

### **Child Brain Injury Trust f t**

*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. In Touch service to help families contact/speak to other parents who have had similar experiences. Compass service giving families advice from trained volunteers. 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 an statement or assessment of special educational needs or an appeal to the local authority.

### **CLIC Sargent Cancer Care for Children f t**

*Horatio House 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. Also Youth Worker support and holidays for children and families. Offers support to bereaved families. Ages 0–24 years. If family is registered with CLIC Sargent a family travelling to QMC from some distance may be able to stay at

### **Billy's House**

*564 Derby Road, Lenton, Nottingham NG7 2GY*

Telephone 0115 9421517 contact for repeat bookings only.

Contact Rachel Stephenson (see CLIC Sargent above) for a first booking.

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**

*Ground floor, South Oncology Block, NUH City Hospital Campus, Hucknall Road, Nottingham NG5 1PB*

Telephone 0115 8402650 (local) 9am–4pm Mon, Tue, Fri,  
9am–5pm Wed, Thu.

*King's Treatment Centre, King's Mill Hospital, Sutton-in-Ashfield, Notts NG17 4JL*

Telephone 01623 622515 ex 6499 (Open 10am–4pm)

Helpline 0808 808 0000 (national) Mon–Fri 9am–8pm

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

Information & support for people with cancer, including children, in a variety of languages. Website includes section for teenagers and young adults. See *Health* section of this directory for Macmillan paediatric nurses (page 18) Benefits advice and bereavement support, grants for adults, young people and children with cancer where family is on a low income to help with practical needs. Hospitals treating children from north Nottinghamshire with cancer (eg. Sheffield Children's Hospital) should also be able to provide information.

### **Maggie's Nottingham**

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

Telephone 0115 9246210

Maggie's Centres are for anyone affected by cancer and family and friends. Open 9am–5pm, advice, support, courses etc.

### **PASIC (Cancer/leukaemia) f t**

*C/o Ward E38 Queen's Medical Centre, Nottingham NG7 2UH*

Telephone 07874223462

Email [mail@pasic.org.uk](mailto:mail@pasic.org.uk)

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.

**CLAPA f t***First Floor, Green Man Tower 332B Goswell Road London EC1V 7LQ*

Telephone 020 7833 4883

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

Help for those with and affected by cleft lip and palate. Parent support, information, feeding service to supply special bottles and teats, free starter packs for families, national children's workshops and activity camps, young people's newsletter.

**Scope (Cerebral Palsy) f t***6 Market Road, London N7 9PW*

Helpline 0808 800 3333 (9am–5pm weekdays)

Text scope+ your email + message to 80039

Email [response@scope.org.uk](mailto:response@scope.org.uk)Website [www.scope.org.uk](http://www.scope.org.uk)

Scope is a disability organisation with a focus on Cerebral Palsy.

**Unique—The Rare Chromosome Disorder Support Group f t***PO Box 2189, Caterham, Surrey CR3 5GN*

Telephone 01883 330766

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 large range of chromosome disorders, some leaflets in european languages. Members forum on website, newsletter.

**Cystic Fibrosis Trust f t***11 London Road, Bromley, Kent BR1 1BY (national office)*

Helpline 0300 373 1000

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

Information and support, including benefits advice and small welfare grants, free translation of medication letters for people with CF going on holiday.

There is local support for children with cystic fibrosis from a CF social worker currently based at Barnardos (0115 9691177) but probably moving to Queen's Medical Centre in 2013. The cystic fibrosis nurse (page 18) should be able to put parents in touch with her.

**The National Deaf Children's Society***15 Dufferin Street, London EC1Y 8UR*

Freephone/Textphone and Language Line 0808 800 8880 (9:30am–9.30pm  
Mon–Thu, 9.30am–5pm)

*37a Great Charles Street, Birmingham B3 3JY (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. Regional events for families. Live chat available from website. There is a regional family officer for the East Midlands.

**Nottinghamshire Deaf Children's Society**

Telephone 07976157509 (Katherine Hill)

Email [nottsdcsc@hotmail.co.uk](mailto:nottsdcsc@hotmail.co.uk)Website [www.nottsdcsc.org](http://www.nottsdcsc.org)

Support for deaf children and their families. Social events and opportunities for parents to meet and share ideas.

**Nottinghamshire Deaf Society f***22 Forest Road West, Nottingham NG7 4EQ*

Telephone 0115 9700516

Email [nds@nottsdeaf.org.uk](mailto:nds@nottsdeaf.org.uk)Website [www.nottsdeaf.org.uk](http://www.nottsdeaf.org.uk)

Provides services and opportunities for local deaf community. Information service, welfare rights service and deaf church. Sign language interpreting. Lip reading classes for adults and older teenagers.

**Diabetes UK f t***10 Parkway, London NW1 7AA*

Caroline 0845 120 2960 or

020 7424 1000 (also offers interpreting service)

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. Section for children and teenagers. There are local groups in Nottingham, Mansfield, Derby and Burton. Contact for details or check on the website.

**Family Care (Domestic violence)***28 Magdala Road, Mapperley, Nottingham NG3 5DF*

Telephone 0115 9603010 (9am–5pm Mon–Thu 9am–4.30pm Fri)

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

Support for children aged 5–18 years coping with domestic violence or bereavement.

**Down's Syndrome Association f t***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)

Helpline with specialist advisors on health, benefits, education. Wide range of publications to download.

**Friends Together Parents/Carers Group (Down Syndrome)***Retford Central Children's Centre, Arlington Way, Retford DN22 6EA*

Telephone 01777 274422 (ask for Diane Edwards or

Friends Together)

Group for parents with a child with Down Syndrome in Bassetlaw. Meets monthly on the first Tuesday of the month from 1.15–3.15pm. Inclusive events held in the holidays. Families must be registered with a Bassetlaw GP.

**Nottinghamshire Down's Syndrome Support Group***Meets at Trent Vineyard Warehouse, Unit 1, Easter Park, Lenton Lane, Nm NG7 2PX*Email [helandy.cop@ntlworld.com](mailto:helandy.cop@ntlworld.com)Website [www.ndssg.org.uk](http://www.ndssg.org.uk)

Support and social group for families of children and young people with Down's Syndrome. Monthly meetings and events.

**Bassetlaw Dyslexia Support Group**

Telephone 01777 816661 (Bev Fullwood)

Meets termly, alternating between Retford and Worksop, with some activities in between. Contact for details.

**British Dyslexia Association f***Unit 8, Bracknell Beeches, Old Bracknell Lane, Bracknell RG12 7BW*

Helpline 0845 251 9002 (10am–4pm Mon–Fri, 5–7pm Tue, Wed)

Email [helpline@bdadyslexia.uk.net](mailto:helpline@bdadyslexia.uk.net)Website [www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

Information and advice, training courses (charges) for parents and for education staff.

**Dyslexia Association f t***Sherwood House, 7 Gregory Boulevard, Nottingham NG7 6LB*

Helpline 0115 9246888 (9.30am–12.30pm 1–4.30pm)

Email [helpline@dyslexia.uk.net](mailto:helpline@dyslexia.uk.net)Website [www.dyslexia.uk.net](http://www.dyslexia.uk.net)

Advice to people of any age with dyslexia or who think they may have dyslexia, their families and those who work with them. Confidential helpline, information sessions with consultants, specialist training courses, touch typing courses for children, 1 to 1 tuition. Assessment for dyslexia in children. Charges for some services.

**Dyspraxia Foundation***8 West Alley, Hitchin, Herts, SG5 1EG*Website [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

There is useful information to download from the website. The helpline is not available at present (Nov 2012).

**National Eczema Society f t***Hill House, Highgate Hill, London N19 5NA*

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 health-care and education professionals and government. Resources to buy and download.

**Nottingham Support Group for Carers of Children with Eczema f t**Website [www.nottinghameczema.org.uk](http://www.nottinghameczema.org.uk)**Epilepsy Action f t***New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY*

Helpline/Language Line 0808 800 5050  
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 (over 16 years only), magazines, resources in a variety of formats.

### **National Society for Epilepsy f t**

*Chesham Lane, Chalfont St Peter, Bucks SL9 0RJ*

Helpline 01494 601 400  
Website [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

Information and support for people with epilepsy and their family and friends. Free presentations and awareness raising sessions for schools. There are information points staffed by trained volunteers at Queens Medical Centre, Kings Mill Hospital and other East Midlands hospitals.

### **Changing Faces (Facial disfigurement) f t**

*The Squire Centre, 33–37 University Street, London WC1E 6JN*

Telephone 0207 3919270  
Email [info@changingfaces.org.uk](mailto:info@changingfaces.org.uk)  
Website [www.changingfaces.org.uk](http://www.changingfaces.org.uk)

Charity for people and families whose lives are affected by conditions, marks or scars that alter their appearance. Provide confidential information, advice and support to help children and adults grow in confidence and learn techniques to make everyday situations easier to handle. Emotional and practical support for parents, guides to download for parents and teachers, skin camouflage service (see *Health* section), Young People's Council for 13–25 year olds. Also work with schools and provide training for health professionals.

### **Fire Setters, Nottinghamshire Fire and Rescue Service**

*Firesetter Coordinator, Nottinghamshire Fire and Rescue Service, Bestwood Lodge, Arnold, Nottingham NG5 8PD*

Telephone 0115 9675928 / 07971720032 (Firesetter Coordinator)

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.

### **The FASD Trust (Foetal alcohol spectrum disorders)**

*Studio One, Sheep St, Charlbury Oxfordshire OX7 3RR*

Telephone 01608 811599  
Website [www.fasdtrust.co.uk](http://www.fasdtrust.co.uk)

Support for parents and carers of children with Foetal Alcohol Syndrome and related disorders. Online forum, newsletter, training for parents/carers, local groups (nearest in Nov 2012 is Yorkshire but more being set up), family finder for children with FASD needing adoption. Support and training for professionals.

### **Fragile X Society f t**

*Rood End House, 6 Stortford Road, Great Dunmow CM6 1DA (national office)*

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.

Online forum, downloadable leaflets, some in other languages.

### **Reach—The Association For Children With Hand or Arm Deficiency f t**

*P.O Box 54, Helston, Cornwall TR13 8WD*

Telephone 0845 130 6225 07879 678909

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 who are missing all or part of a hand/arm or with hand/fingers which are malformed. Newsletter, family weekends, children's events.

### **Children's Heart Federation f t**

*Level One, 2–4 Great Eastern Street, London EC2A 3NW*

Telephone 0808 808 5000 (9.30am–4.30pm Mon–Fri)

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

Information and advice, grants for equipment and support. 'Molly Dolly', toy to explain heart surgery to children, free, if a professional supports application.

### **Hemihelp (Hemiplegia) f t**

*6 Market Road, London N7 9PW*

Telephone 0845 123 2372 (10am–1pm Mon–Fri)

Email [helpline@hemihelp.org.uk](mailto:helpline@hemihelp.org.uk)

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

Information, pen pal scheme, conferences, annual fun days.

### **Doncaster and Bassetlaw Kidney Association**

Telephone 01709 861754 (Denise Holliday)

Email [dab.ka@hotmail.co.uk](mailto:dab.ka@hotmail.co.uk)

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

Group aims to help kidney patients and their families cope with renal disease and help fund kidney research. Affiliated to the National Kidney Federation.

### **National Kidney Federation f t**

*The Point, Coach Road, Shireoaks, Worksop, Nottinghamshire S81 8BN*

Helpline 0845 6010209

Email [help2@kidney.org.uk](mailto:help2@kidney.org.uk)

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

Information written by nephrologists (kidney specialists), annual conference, information for people receiving dialysis who want to travel/go on holiday.

### **STEPS—The National Association for Children with Lower Limb Abnormalities f t**

*Wright House, Crouchley Lane, Lymm, Cheshire WA13 0AS*

Telephone 01925 750271 Monday–Friday 9.30am–4pm

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



Information and support for families of children affected by lower limb abnormality e.g. club foot, hip dysplasia etc. Small grants for families towards a hip spica car seat.

### **Rethink (Mental health) f t**

*Rethink Mental Illness, 89 Albert Embankment, London SE1 7TP*

Telephone 0300 5000 927 (10am–1pm Mon–Fri)

Emails advice@rethink.org, youngpeople@rethink.org

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

National charity for anyone affected by mental illness, their families and friends.

Young people's section at [www.rethink.org/youngpeople](http://www.rethink.org/youngpeople).

### **YoungMinds (Mental health and emotional difficulties) f t**

*Suite 11, Baden Place, Crosby Row, London, SE1 1YW*

Parents Helpline 0808 802 5544

Email parents@youngminds.org.uk

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

Information on website and support via helpline for parents and carers concerned about a young person's mental health difficulties, including ADHD, anxiety, anorexia, behaviour, depression, eating problems, exam stress, psychosis, obsessions, self injury, suicidal feelings. Online information for young people.

### **Climb (Metabolic diseases)**

*176 Nantwich Road, Crewe CW2 6BG*

Telephone 0800 652 3181 (10am – 4pm)

Email info.svcs@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.

### **Muscular dystrophy campaign f t**

Telephone 0800 6526352 (national helpline)

Email info@muscular-dystrophy.org

Website [www.muscular-dystrophy.org](http://www.muscular-dystrophy.org) (national)

Support for individuals with muscular dystrophy and related neuromuscular conditions. Grants towards the cost of specialist equipment (does not usually fund full cost) eg. powered wheelchairs. Advocacy, publications, regional events.

Local contact

*Family Health Division, Children's Services, NUH. Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ex 63839 (Julie Cassell, Regional Care Advisor)

Email juliec@muscardystrophy.org

(The above details will change in 2013. The national helpline may be able to give new details although they will no longer fund this post. The Information Service 0115 8831157/8 should have new details).

### **Myotonic Dystrophy Support Group f t**

*35a Carlton Hill, Carlton, Nottingham NG4 1BG*

Telephone 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)**

*Quayside House, 38 High Street, Kingston on Thames, Surrey KT1 1HL*

Telephone 020 8439 1234  
 Email [info@nfauk.org](mailto:info@nfauk.org)  
 Website [www.nfauk.org](http://www.nfauk.org)

Support for people with neurofibromatosis. Newsletters, downloadable information.

### **Restricted Growth Association f t**

*PO Box 5137 Yeovil BA20 9FF*

Helpline 0300 111 1970 (10.30am–3.30pm Mon–Fri,  
 except Weds 10.30am–1pm)

Email [office@restrictedgrowth.co.uk](mailto:office@restrictedgrowth.co.uk)

Information and support to improve the quality of life for persons of restricted growth and their families. Children's activity holidays, conferences.

### **Rett UK f t**

*Langham House West, Mill Street, Luton LU1 2NA*

Helpline 01582 798 911  
 Email [support@rettuk.org](mailto:support@rettuk.org)  
 Website [www.rettuk.org](http://www.rettuk.org)

Family support workers, information, annual weekend and regional days for families. Rett UK attends the Rett clinics across the country, one of which is in Nottingham.

### **OSCAR (Sickle cell disease) f t**

*21a Hendon Rise, St Anns, Nottingham NG3 3AN*

Telephone 0115 9472718  
 Website [oscarnottingham.org](http://oscarnottingham.org)

Advice, support and education to people of all ages at risk of sickle cell disease/thalassaemia. Advice on healthy living. Support for carers. Presentations to raise awareness in schools.

### **Sickle Cell Society f t**

*54 Station Road, London NW10 4UA*

Telephone 020 8961 7795  
 Email [info@sicklecellsociety.org](mailto:info@sicklecellsociety.org)

Support and information, children's website, annual children's holiday.

### **Afasic England (Speech and Language difficulties) f t**

*1st Floor, 20 Bowling Green Lane, London EC1R 0BD*

Helpline 0845 355 5577 (10:30–2:30 Mon–Fri)  
 Website [www.afasicengland.org.uk](http://www.afasicengland.org.uk)

Information and advice for parents, events, parents forum on website.

**Shine (Spina bifida/Hydrocephalus) f t***42 Park Road, Peterborough PE1 2UQ*

Helpline 01733 555988

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

Support for families with a child or adult with spina bifida or hydrocephalus. Area advisors can assist with health issues, benefits, educational issues, moving into employment etc.

**Stroke Association f t***Stroke House, 240 City Road, London, EC1V 2PR*

Helpline 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. There is a Family and Carer Support Service based at:

Kings Mill Hospital 01623 622515 ex 3690 and at

The Point in West Bridgford 0115 871 2467

Online forum on website. Factsheets to download

**British Thyroid Foundation Support Group f t***2nd floor, 3 Devonshire Place, Harrogate HG1 4AA*

Telephone 01423 709707 / 709448

Website [www.btf-thyroid.org](http://www.btf-thyroid.org)

Support and advice for adults and children. Local groups (all age) including one for Nottinghamshire/Derbyshire.

**Tourettes Action***Kings Court, 91–93 High Street Camberley Surrey GU15 3RN*

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, identity cards (to help explain Tourettes to strangers), local groups in Lincolnshire and Derbyshire (Nov 2012). Downloadable presentations to use in schools. E-newsletter. Conferences for adults.

**Tracheo-Oesophageal Fistula Support—TOFS f***St George's Centre, 91 Victoria Road, Netherfield, Nottingham NG4 2NN*Telephone 0115 961 3092 (Mon, Tue, Thu 8:30–2:30pm  
Wed, Fri 8:30–12)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 tracheo-oesophageal fistula (TOF) oesophageal atresia (OA), VACTERL and associated conditions. Events and newsletter. Parents' forum on website and downloadable leaflets.

**Mansfield Home-Start Twins and multiple births group (see page 37)****Nottingham Trent Twins and Multiple Births Club**

Telephone 0115 9291689 (Sue Davis)

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

Support for families with twins or more. Daytime meetings in Beeston, Sherwood and West Bridgford. Evening meetings at members houses in various locations.

**Retford Twins and Triplets Club**Website [www.retfordtwinsandtriplets.com](http://www.retfordtwinsandtriplets.com)

Meetings at Hallcroft Children's Centre (see *Childcare and children's centres* section of this directory) on 4th Friday of the month 9.30–11.30am.

**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 alternate Tuesdays 4.30–6.30pm.

**Newark and Sherwood Autism Support Group Siblings Club***Meets at Bowbridge Primary School, Bailey Road, Newark, Notts. NG24 4EP*

Telephone 07808 345211 (Laura)

Mondays 4.00–5.30 pm. For children aged 6 years upwards. Run by volunteers who have children on the spectrum. An opportunity to make new friends and have fun doing different activities.

**Sibs f t***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, information for parents and professionals on supporting these children. One hour telephone support for parents and for adult siblings. Will email information to young siblings in response to their questions.

**NORSACA**

Telephone 0115 9761805

Website [www.norsaca.org.uk/our-services/family-services/](http://www.norsaca.org.uk/our-services/family-services/)

NORSACA run a brothers and sisters support group (ages 8–12 years) each year in the summer term. You can download a leaflet about this from their website. Phone at any time during the year to book a place.

The *Bereavement* section includes organisations which offer support to children/young people whose siblings have life limiting illness or have died.

## Young carers

### Action for Young Carers

*Christopher Cargill House, 21-23 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 9629351

Text 07814678460

Email [aycnottingham@carersfederation.co.uk](mailto:aycnottingham@carersfederation.co.uk)

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 care for someone with a disability, long term illness, mental health issue or drug/alcohol issues. Counselling, information, help to access services, activities and fun days out. Young people can contact direct or someone can refer on their behalf. Carers services are being redesigned around a Carers Hub in Nottingham and this may lead to changes in late 2013.

### Family Action Nottinghamshire Young Carers Service f

*Unit 5, Bartholomew's Court, St Bartholomew's Rd., St Ann's, Nottingham NG3 3EH*

Telephone 0115 9473023

Email [notts.youngcarers@family-action.org.uk](mailto:notts.youngcarers@family-action.org.uk)

Support, groups and activities for young carers aged 5–18 years and for young adult carers up to 24 years. Covers Nottinghamshire outside the city. Anyone can refer. Also helps services to identify young carers and offers training for professionals.

## 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 f t

*209–211 City Road, London EC1V 1JN*

Telephone 0808 808 3555 (9.30am–5pm Mon–Fri)

Email [helpline@cafamilly.org.uk](mailto:helpline@cafamilly.org.uk)

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

Helps families who care for children with any disability or special need. National advice service for special educational needs. Resource library of factsheets e.g. on benefits which are regularly updated, online directory of conditions and support groups, web based family linking service (see below). Immigration advisors, who can give basic advice where immigration is an additional issue.

### 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.

## Finding/starting other local groups and support

These organisations can help you find groups in the area where you live. They may also help you if you want to start a group. They may also provide useful training for your group, help with finding funds and venues, help with equipment, photocopying etc.

### Ashfield Voluntary Action

*Council Offices, Fox Street, Sutton-in-Ashfield, Nottinghamshire NG17 1BD*

Telephone 01623 555551

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

### Bassetlaw Action Centre

*Canal Street, Retford, Nottinghamshire DN22 6EZ*

Telephone 01777 709650

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

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

Produce an annual directory of selfhelp and support groups. Advice on starting a group and practical support with publicity, photocopying, finding funding and venues etc.

### Voluntary Action Broxtowe

*Oban House, 8 Chilwell Road Beeston Nottingham NG9 1EJ*

Telephone 0115 9178080

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

### Gedling Community and Voluntary Services f t

*22a Main Road, Gedling, Nottingham NG4 3HP*

Telephone 0115 9871981

Email [admin@gedlingcvs.org.uk](mailto:admin@gedlingcvs.org.uk)

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

### Mansfield Community & Voluntary Service

*Community House, 36 Wood Street, Mansfield, Nottinghamshire NG18 1QA*

Telephone 01623 651177

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

Help with starting and developing groups, guide on website. Advertises volunteer vacancies.

### Newark & Sherwood Community & Voluntary Service

*67 Northgate, Newark, Nottinghamshire NG24 1HD*

Telephone 01636 679539

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

Promotes, supports and develops voluntary activity in the Newark and Sherwood district. Advice, information, funding advice and equipment for groups.

### Nottingham CVS/Nottingham Volunteer Centre f t

*7 Mansfield Road, Nottingham NG1 3FB*

Telephone 0115 9348400

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

Offers information on a wide range of voluntary and community groups. Advice, support, help with finding funding, and training for groups. Volunteer Club for people wanting to improve their employability.

### **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)

Support for voluntary organisations in Rushcliffe including training, help with finding funding, advice and guidance, equipment hire etc.

### **Self Help Nottingham**

*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)

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

### Buzz Guides

*5 Dorchester Gardens, West Bridgford, Nottingham NG2 7AW*

Telephone 0115 9234487

Email [office@buzzguides.co.uk](mailto:office@buzzguides.co.uk)

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

'What's the Buzz' lists a wide variety of children's activities and is produced 3 times a year. You should be able to pick up a copy from your local library or leisure centre, view it on the internet or send a large self addressed stamped envelope to the address above.

You can also get information about afterschool care/clubs and holiday play schemes from

Nottingham City Families Information Service 0800 458 4114

Nottinghamshire County Council 0300 500 8080 (choose  
*Children and Families* option)

## Clubs, youth clubs and play sessions

### Mainstream clubs

Mainstream youth clubs across the county are listed at [www.nottszone.org.uk](http://www.nottszone.org.uk) and in the city via the interactive map at [www.nottinghamyouth.co.uk](http://www.nottinghamyouth.co.uk)

### Boys Brigade

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

Children with disabilities welcome. Ages 5–18 years. Website lists local groups across Nottinghamshire which can be contacted by email. Boys Brigade has national disability advisors who can help local groups.

### Girlguiding

*Nottinghamshire Headquarters, 16–18 Burton Road, Carlton, Nottingham NG4 3DF*

Telephone 0115 9877220 (and out of hours answerphone)

Email [secretary@girlguidingnottinghamshire.org.uk](mailto:secretary@girlguidingnottinghamshire.org.uk)

Website [www.nottinghamshire-guides.co.uk](http://www.nottinghamshire-guides.co.uk)

Office is open on Tuesdays, Wednesdays and Thursdays from 10am–2pm. Families can ring to find local Rainbows, Brownies, Guides, groups for young people aged 14+. Girlguiding welcomes adults with disabilities as volunteer helpers and girls with disabilities as guides. See also 36th Nottingham Guides below.

### Scouting

*Nottinghamshire Scout Association, Trinity House, Unit 1, Robey Close, Linby, Nottinghamshire NG15 8AA*

Telephone 0115 9523617

Email [crc@notts-scouts.org.uk](mailto:crc@notts-scouts.org.uk)



Website [www.nottinghamshire-scouts.com](http://www.nottinghamshire-scouts.com)

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

Can suggest a suitable local scout/cub/beaver group with appropriate access etc. for your child with disabilities. For children from 6 years old upwards. Boys and girls.

## Clubs/sessions for any disability

### **36th Nottingham Guides, Rangers and Trefoil Guild (for girls & women with disabilities)**

*Acorn Resource Centre, Mary Potter Centre, 76 Gregory Boulevard, Nottm. NG7 5HY*

Telephone 0115 9872053

Offers fun and activities to children and adults with more severe physical (and learning) disabilities. Provide transport to Acorn Resource Centre from within the city and some surrounding areas eg. Arnold. Meets on alternate Friday nights. Ages 10 upwards. 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.co.uk](mailto:enquiries@aptcoo.co.uk)

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

Sensory room, toy library, chillax room, accessible gardens.

**ATCOO Kidz** on alternate Tuesdays 4.30–6.30pm (5–10 year olds)

**Youth club** on Thursdays 6.30–8.30pm (11–13 year olds)

**Wicked Workshops** for young people on some Saturdays 11am–2pm

Timetables, details of special events available from the website and from Facebook.

### **Bilborough Fun Club**

*Bilborough Community Centre, Bracebridge Drive, Nottingham NG8 4PN*

Telephone 9157777

Club runs on Wednesdays 5:30–8pm for young people with additional needs aged 13–25 years

### **Breaks in Partnership**

*Lawn View House, Sutton-in-Ashfield, Nottinghamshire NG17 5JA*

Telephone 0300 500 8080 (via Customer Services)

Play sessions during the school holidays for children with disabilities. Families must live in the county (excluding Nottingham city). Referral only either via Flexible Short Breaks (phone customer services above) or via a social worker from the Children's Disability Service (see page 75).

### **Disability Support Team**

*Myplace@Westfield Folkhouse, Westfield Lane, Mansfield, Notts. NG18 1TL*

Telephone/minicom 01623 626972

Countywide team working with disabled and non-disabled young people, providing clubs, events and a residential programme of inclusive holidays and adventure breaks for young people aged 13–24. Events (eg. arts or music sessions, discos, trips etc.) may be at weekends or in the evening. Venues and times will vary, contact the Disability Support Team for the latest programme. For information on all clubs and

residential programmes please contact the Disability Support Team at the address and phone number above. Details of residential programmes are normally available from January onwards and places are allocated from late March. Clubs currently running (Dec 2012) are listed below.

**Beeston Youth Link**

*Beeston Young People's Centre, West End, Beeston NG9 1GL*

Telephone 01623 626972

Tuesday evenings, from 7–9pm. For ages 13–24.

**Gedling Youth Link**

*Redhill Leisure Centre, Redhill Road, Arnold, Nottingham NG5 8GX*

Telephone 01623 626972

Wednesdays 7–9pm. For ages 13–24 years.

**Mansfield (Monday) Youth Link**

*Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 01623 626972 (Disability Support Team)

Mondays 7–9pm. For young people with disabilities aged 13–24 years.

**Mansfield (Tuesday) Youth Link**

*Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 01623 626972 (Disability Support Team)

Tuesdays 7–9pm. For young people with disabilities aged 13–24 years.

**Mansfield (Wednesday) Youth Link**

*Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 01623 626972 (Disability Support Team)

Wednesdays 7–9pm. For young people with disabilities aged 13–24 years.

**Mansfield (Thursday) Youth Link**

*Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 01623 626972 (Disability Support Team)

Thursdays 7–9pm. For young people with disabilities aged 13–24 years.

**Newark Link Club**

*Hawtonville Young People's Centre, Windsor Road, Newark, Notts. NG24 4HX*

Telephone 01623 626972

Link club on Wednesdays 7–9pm for young people aged 13–24 years with disabilities.

**Nottinghamshire Pioneers Youth Forum**

*Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 01623 626972 (Disability Support Team)

Pioneers 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. They have an interest in disability issues and come together once a month on a Saturday 11am–3pm.

**Plant Pot Club (Mansfield)**

*Myplace@Westfield Mansfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL*

Telephone 01623 626972 (Disability Support Team)

Saturdays 10.30am–12.30pm. For young people with disabilities aged 13–24 years.

Environmental, recycling, conservation activities and vegetable growing.

**Portland College Youth Club**

*Portland College, Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ*

Telephone 01623 499113 (Dave Winter) or

01623 626972

Young people aged about 16 years to 24 years not at the college can attend Sports evening Monday 6.30–8.30pm. If they need assistance toileting, feeding etc., bring own carer. (Portland is a college for young people with physical disabilities and associated learning disabilities).

**Retford Youth Link**

*Retford Young People's Centre, Beardsall Row, Retford, Nottinghamshire DN22 6JX*

Telephone 01623 626972

Wednesday 7–9pm for ages 13–24 years.

**Saturday Arts Club**

*Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane,*

*Mansfield NG18 1TL*

Telephone 01623 626972 (Disability Support Team)

Saturday 1.30–3.30pm for young people aged 13–24 years with disabilities. Visual art, dance, drama, music.

**Saturday Arts and Enviro Club**

*Hawtonville Young People's Centre, Windsor Road, Newark, Notts. NG24 4HX*

Telephone 01623 626972

Saturday 10.00am–12.00pm for young people aged 13–24 years with disabilities

**Southwell Youth Link**

*The Core Young People's Centre, The Bramley Centre, 17-19 King's Street, Southwell, Notts NG25 0EH*

Telephone 01623 626972 or

07810630814

Monday 6.30–8.30pm for young people aged 13–24 years with disabilities.

**West Bridgford Youth Link**

*Baptist Church Hall, Melton Road, West Bridgford, Nottinghamshire NG2 7NF*

Telephone 01623 626972

Wednesdays 7–9pm. For young people aged 13–24 years with disabilities.

**Workshop Youth Link**

*Valley Young People's Centre, 39 Stanley Street, Worksop, Nottinghamshire S81 7JQ*

Telephone 01623 626972

Tuesdays 6.30–8.30pm, for ages 13–24 years.

**Holiday Clubs**

*Play for Disabled Children Team, Lawn View House, Station Road, Sutton-in-Ashfield, Nottingham NG17 5GA*

Telephone 07783 078555

Email [linda.harling@nottsc.gov.uk](mailto:linda.harling@nottsc.gov.uk)

Project providing play opportunities for children and young people with disabilities aged 5–17 years living in the county outside the city in local community play settings during school holidays excluding Christmas holidays. Specialised provision with staff trained in complex needs. Referral via your Children's Disability Service worker or contact Flexible Short Breaks on 0300 500 8080 (Customer Services).

**Kirkby Trust**

*127a Vernon Road Kirkby in Ashfield, Nottinghamshire NG17 8ED*

Telephone 01623 484862

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

Inclusive youth group meets on Mondays from 6–8pm for ages 10–16 years.

**Saturday clubs**

*Play for Disabled Children Team, Lawn View House, Station Road, Sutton in Ashfield, Nottinghamshire NG17 5GA*

The clubs provide children and young people with disabilities an opportunity to play in a safe and secure environment within their local community. Entitlement is for 12 months, each session is for 5 hours. For children aged 5–14 years, who live in the county outside the city, via referral from their social worker. Children must be receiving less than 28 nights of short breaks in a residential unit. Clubs run on two Saturdays a month and there is a venue in each county borough. There is a yearly charge, with possible exemption for those families on low incomes. Referral is via the Children's Disability Service (page 75).

**Short Breaks Team**

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

Telephone 01777 274422 (Single Point of Access)

Provide short breaks (not overnight) after assessment. For children with life limiting disease/disability or severe or progressive medical condition who are registered with a Bassetlaw GP. These may provide care in the child's home (by specially trained healthcare workers) or outings, and activity breaks in the school holidays. At present (Sep 12) this is for children with life limiting disease/disability or severe or progressive medical condition who are registered with a Bassetlaw GP, although the criteria may be widened in 2013 to include children with other disabilities within the Bassetlaw area. Parent or professional can refer.

**Special Kids Nottingham Youth Club**

*Loco Centre, Victoria Road, Netherfield, Nottinghamshire NG4 2PD*

Email [specialkids1@live.co.uk](mailto:specialkids1@live.co.uk)

Youth Club for kids and young people with additional needs (8–18 years) 50p per session, tuck shop available. 10–11.30am last Saturday of the month. IT Suite, pool room, chill room, arts and crafts, sport activities, football table, café. day trips. drama club, trampolining sessions.

### **Special Moments After School Club**

*Green Lane Youth Centre, Green Lane, Clifton, NG11 9AY*

Telephone 0115 8762625

For children aged 4–14 with special needs and their siblings. Weds 3.30–5.30pm. Parents need to stay.

### **Youth Service NUH**

*Youth Clubs held at Monty Hind Youth Club, Leengate, Nottingham NG7 2LX*

Telephone 0115 9249924 ex 61421

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

Mondays 10–14 year olds from 7–9pm, Wednesdays 14–19 year olds from 7–9.30pm for any child who attends a hospital in Nottinghamshire regularly (including those with community paediatrician appointments) and their siblings/friends. Day trips in holidays. No need for a referral but contact to discuss needs in advance for young people with complex health conditions.

### **Clubs/sessions for learning disabilities**

#### **M8s**

*Nottingham Mencap, Harpenden House, 203 Edwards Lane, Sherwood, Nottingham NG5 3JA*

Telephone 0115 920 4433

A Youth Club for people aged 8–19 who have a learning disability and live in Nottingham City, Ashfield, Broxtowe, Gedling, Mansfield or Rushcliffe. Saturdays 10am–3pm on 2 Saturdays per month.

#### **Newark Mencap**

*55, Whitfield Street, Newark, Nottinghamshire NG24 1QX (may move in later 2013)*

Telephone 01636 613782

Email [beverley.rolf@mencap.org.uk](mailto:beverley.rolf@mencap.org.uk)

Weekly activity club for children aged 5–16 years on Tuesday. Building fully wheelchair accessible. Also provide information and advice for families with members with learning disabilities.

### **Clubs for physical disabilities**

#### **Nottingham Ambassador Club (Whizz Kidz)**

Contact 07795 325931 (Catherine Marsh (nee Lissaman))

Email [c.lissaman@whizz-kidz.org.uk](mailto:c.lissaman@whizz-kidz.org.uk)

Fun and friendship for young people aged 10–25 years old with physical disabilities. Sports, wheelchair skills, drama, music, life skills, work placements, days out. Club is free, Whizz Kidz can help with travel expenses. Meets at a Nottingham venue 6 times per year.

## Clubs for autistic spectrum disorders

### Indigo Kids

*Indigo Autism Resource Centre, Dovecote Rd., Beauvale, Newthorpe Notts. NG16 2EZ*

Telephone 07905 586 910 or

07549 170 490

Email for clubs [indigo.emma@live.co.uk](mailto:indigo.emma@live.co.uk) (Emma)

Children's clubs held in evenings 5.35pm–7.30pm on Tuesdays (4–10years),

Wednesdays (11–15years), Thursdays (15+ ). Saturday club for all ages.

### Jigsaw Youth Group

*Meets at Monty Hind Youth Club, Leengate, Nottingham NG7 2LX and currently (Dec 2012) at Oliver Hind Youth Club, Edale Road, Sneinton, Nottingham NG2 4HT*

Telephone 07762207532 (Danek Jackowski)

For young people aged 13–25 with Asperger syndrome, but will consider slightly older/younger people. Aims to provide safe non-judgemental environment for young people to develop friendships, learn social skills and have fun. Sat 10am–1pm at Monty Hind and currently Mon 6.30–9pm at Oliver Hind. The session at Oliver Hind may close later in 2013 but this is not certain. Jigsaw also have day sessions for people with Asperger Syndrome aged 19–25 years during the day from Mon–Thu.

### Nottingham Regional Society for Adults and Children with Autism (NORSACA)

Telephone 0115 9761805

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

Can provide a variety of activities for children with autistic spectrum disorders in the city and county including playground and park activities, fun days, cinema and pantomime trips, day trips, swimming sessions and a holiday playscheme. Contact Norsaca to join their mailing list and receive a termly list and application form.

### Youth Clubs for Children with Asperger Syndrome

Telephone 07805203336 (Sophie Dunlop)

For young people aged 10–19 years. Clubs meet once a month. There are 3 clubs in Newark (meets at Hope House School, Gedling (meets at Gedling School), and Mansfield (meets at Portland College). Trips, bowling, cooking, walks etc.

### The Best that We Can Be

*Work and Learn Centre, Dukeries Centre, Park Street, Worksop Notts. S80 1HH*

Telephone 01909 509400

Support group for parents and activities for children and young people with autistic spectrum disorders and their friends and siblings on the third Tuesday of the month from 4–9pm. Families do not need to stay for the full time. Separate groups for young children and for young people 13 years and above.

## Play centres and play and youth coordinators(Nottingham City)

### Play Centres

Open to children aged 5–14 years after school (Tuesday to Friday), on Saturdays and during holidays (10am–12.30pm, 1.30–4pm). Some also run sessions for under 2 year olds. Under 5s must be accompanied by an adult. These are open access ie. children are free to come and go. They welcome all children including those with disabilities and can offer support.

Citywide admin for play workers 0115 9158809

**Balloon Woods**, *Coventry Lane, Wollaton Vale NG9 3GJ*

0115 9287500 Email: [balloonwoodspc@nottinghamcity.gov.uk](mailto:balloonwoodspc@nottinghamcity.gov.uk)

**Bulwell Riverside Play and Youth Centre**, *Main Street, Bulwell NG8 6QJ*

0115 8833550

**Phoenix Adventure Playground**, *Westleigh Road, Broxtowe NG8 6JX*

0115 9150277 Email: [phoenixap@nottinghamcity.gov.uk](mailto:phoenixap@nottinghamcity.gov.uk)

**Forest Fields Play Centre**, *131 Russell Road NG7 6GX*

0115 9155672 Email: [forestfieldspc@nottinghamcity.gov.uk](mailto:forestfieldspc@nottinghamcity.gov.uk)

**The Ridge Adventure Playground** (Bestwood)

0115 9157584 Email: [theridge@nottinghamcity.gov.uk](mailto:theridge@nottinghamcity.gov.uk)

**St Ann's Play Centre**, *Nugent Gardens NG3 3NB*

0115 9584394 Email: [stannspc@nottinghamcity.gov.uk](mailto:stannspc@nottinghamcity.gov.uk)

### Family Community Team: Play and Youth Co-ordinators

North Team (Aspley, Bestwood, Bilborough, Bulwell, Top Valley) 07985859953

South Team (Clifton, Mapperley, Meadows, Sneinton, St Ann's) 07940769479

Central Team (Hyson Green, Lenton, Radford, Sherwood, Wollaton) 07985859975

The teams above should have details of holiday playschemes and play activities in the city. You can also find timetables at [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

Play information for the city also available from the Families Information Service on 0800 458 4114. If your child needs support to be included contact your local Children's Centre for a referral.

## Play Forums (county)

### 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.asfieldplayform.co.uk](http://www.asfieldplayform.co.uk)

Scrapstore, equipment for loan, training. Toy library will be starting in 2013 from Morven Avenue base.

### Bassetlaw Play Forum

*Unit 11 & 12 Brewery Yard, Kilton Road, Worksop, Nottinghamshire S80 2DE*

Telephone 01909 482688

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

Provides scrapstore for children's groups. Some equipment for loan to groups.

Training workshops provided for member groups.

**Broxtowe Play Forum Resource Centre***Wesley's Chapel, Wesley Place, Stapleford, Nottinghamshire NG9 8DP*

Telephone 0115 9491497

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

Scrapstore and equipment hire for member groups. Open Tuesday and Thursday 10–12 and 1–4. On first Thursday of the month opens until 6.30pm. Shop opens to wider community on Wednesdays 10.30am–2pm (nominal yearly fee to use).

**Gedling Play Forum***Wollaton Avenue Community Centre, Gedling, Nottingham NG4 4HX*

Telephone 0115 9560673

Email [admin@gedlingplayforum.org](mailto:admin@gedlingplayforum.org)

Scrapstore open to parents as well as groups, play equipment hire, works with Debz4coffee group (see page 83) to provide support for children with additional needs and their families. Monthly drop in session on last Thursday of month with Parent Partnership Service, Debz4coffee and teacher from a local special school. Play events, including 'quiet' session for children with additional needs unable to cope with large crowds. Play forum normally open Tue and Thur: other times by arrangement.

**Mansfield Play Forum***Unit 18, Botany Park, Mansfield, Nottinghamshire NG18 5NF*

Telephone 01623 421149

Scrapstore, equipment for hire, toy library (see *Early years: encouraging development* section of this directory)

**Newark and Sherwood Play Support***Edward Avenue, Newark, Nottinghamshire NG24 4UZ*Email [playsupport@btconnect.com](mailto:playsupport@btconnect.com)

Telephone 01636 647121

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

Scrapstore and equipment hire including sensory equipment. Play in the park sessions and playdays. Mobile support unit for communities wanting to develop their own playscheme. Open Tue–Fri 10am–3pm.

**Rushcliffe Play Forum***The Bungalow, Keyworth Primary School, Nottingham Road, Keyworth, Nottinghamshire NG12 5FB*

Telephone 0115 937 4589

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

Scrapstore and equipment hire.

**Art, music, dance, drama**

For music and singing groups for babies and toddlers see the *Early years: encouraging development* section.

**Nottingham Performing Arts***Clasp Block, Ground Floor, County Hall, West Bridgford, Nottinghamshire NG2 7QP*

Telephone 0115 977 2782



Email [performingarts@nottscc.gov.uk](mailto:performingarts@nottscc.gov.uk)

Run by Nottinghamshire County Council for children aged 7–19 who attend schools maintained by the county council or who live in Nottinghamshire. 9am–1pm on Saturdays, support for students with special educational needs. ‘Open mornings’ available, please contact for details. Arnold (Redhill Academy), Mansfield (Bruns Academy) Southwell (Minster School) Worksop (Outwood Academy Portland). Children can join one of the Nottinghamshire Performing Arts Companies—there are auditions for these and children must be at least year 5 at school. These companies practise on evenings and Sundays.

### **Art spider**

Mencap’s learning disability arts website has events listings across the UK.

Website [www.mencap.org.uk/art-spider](http://www.mencap.org.uk/art-spider)

### **Get Stuck In**

*Oak Field School and Sports College, Wigman Road, Bilborough, Nottm. NG8 4PD*

Telephone 0115 915 3265

Tuesday evenings 3.45–6.00pm, termtime only. Arts and crafts, drama, dance etc. for children with learning disabilities. Free. 7–19 years. Children from any school welcome to attend.

### **Ashworth School of Dance and Drama**

*51 Main Street, Burton Joyce, Nottinghamshire NG14 5ED*

Telephone 0115 931 2573

Children with learning disabilities welcome. Dance more appropriate for younger children only, drama for children over 7 years.

### **British Association of Music Therapy**

*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)

This organisation can tell you more about music therapy and help you find a qualified music therapist. Anyone using the title ‘music therapist’ must be registered with the Health and Care Professions Council. Check the register at [www.hpc-uk.org](http://www.hpc-uk.org).

You may be able to get funding from:

### **Jessie’s Fund**

*15 Priory Street, York YO1 6ET*

Telephone 01904 658189

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

Supports children with disabilities through therapeutic use of music. Grants for work with individual children or organizations. Up to age 19 (25 in special circumstances). Jessie’s fund provides music instruments for hospices and special schools.

### **Magenta Dance Company**

*College Street Centre, College Street, Nottingham NG1 5AQ*

Telephone 0115 9153265 (David Stewart at Oak Field School)

Meets 6–9pm on Wednesdays for young adults with learning disabilities

**Nottingham Youth Theatre Inclusion Group***College Street Centre, College Street, Nottingham NG1 5AQ*

Tuesdays 6–9pm for young people with learning disabilities, contact Oak Field School 0115 9153265 for more information. This is a performance based activity and is not suitable for people with profound disabilities. Ages 12–19 years.

**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)

Singing groups for boys (Nottingham Boys Voices) girls (Nottingham Girls Voices) in school years 3–9 and young people (Nottingham Youth Voices) ages 14–19. Meet at Nottingham Emmanuel School, on Tuesday evenings. These are mainstream groups but the boys choir has been recommended by the parent of a child with autistic spectrum disorder. £25 per term (boys and girls) £40 per term (youth) in Dec 2012. No auditions for these groups. Music for everyone also runs Vocals events for children in school years 1 to 7, and a band, string orchestra and string and woodwind workshops.

**Nottingham Music School***College Street Centre, College Street, Nottingham NG1 5AQ*

Telephone 0115 9476202

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

Main sessions are at Nottingham Academy, Greenwood Road, Sneinton for children and young people in Nottingham city aged 8–19 who have been playing instruments for at least a year. Also provides some sessions in youth centres, 1 to 1 tuition for young people referred via CAMHS, Special Schools, Fostering and Adoption, etc.

**Nottingham Playhouse***Wellington Circus, Nottingham NG1 5AF*

Telephone 0115 9419419 minicom 0115 9476100

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

Signed and audio described performances (discounted tickets). Lift to all levels, spaces for wheelchair users in the stalls, enhanced headsets for those with hearing impairment. Guide and hearing dogs welcome. Blue Badge parking close by. Discounts for wheelchair users. Braille brochures etc. Adapted toilets. Show programmes in alternative formats on request (call 0115 947 4361) Captioned performances.

**Nottingham Theatre of Citizens***College Street Centre, College Street, Nottingham NG1 5AQ*

Telephone 0115 915 3265 (David Stewart at Oak Field School)

Theatre company for young adults with learning disabilities 18 years upwards, Monday nights 6–9pm.

**Poetry/Literature Class**

Runs during the spring term at Nottingham University Jubilee Campus on Thursday evenings for ages 16 years upwards with learning disabilities. Contact David Stewart at Oak Field School for more details (0115 915 3265)

**Theatre Royal, Nottingham & Royal Concert Hall**

*Box office, Royal Centre, Theatre Square, Nottingham NG1 5ND*

Telephone

0115 989 5555 (box office)

989 5609 (information on assisted performances)

Minicom

0115 989 5601

Website

[www.trch.co.uk](http://www.trch.co.uk)

Signed and captioned performances. Headsets, neckloops for people with hearing impairments. Information on website about best areas to sit for sound quality.

Wheelchair spaces in stalls or can store wheelchair/walker if you wish to transfer to a seat. Level access from street, automatic doors. No lift in Theatre Royal, lift in Concert Hall. Brochures available in Braille, large print, discounted prices for people with disabilities and carers if needed. Live commentary via personalised headphones for visually impaired people, touch tours of costumes and props before performances.

**Wendy's Playful Piano**

Telephone

0115 9221318

Website

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

Fun approach to piano for young children from 3 years of age for all children including those with additional needs. 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.

## Films

Nottingham Cineworld and Showcase, Mansfield Odeon, Doncaster Vue, Sheffield Cineworld, Vue and Odeon, Derby Odeon, Quad and Showcase show films in subtitled and audio described format. [www.yourlocalcinema.com](http://www.yourlocalcinema.com) has details of subtitled films showing in the local area. Newer DVDs are now available to loan with subtitles. If your child gets Disability Living Allowance (see *Money matters* section) you can apply for a Cinema Exhibitor's Association Card which entitles a parent/carer accompanying the child to a free seat.

Forms are available from the website [www.ceacard.co.uk](http://www.ceacard.co.uk) or from your local cinema (most have joined the scheme). More information from

**Card Network**

*Network House, St Ives Way, Sandycroft CH5 2QS*

Telephone

0845 1231292

Minicom/textphone

0845 1231297

## Autism friendly screenings

**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)

Autism friendly screenings every month (sound turned down, lights on low, children can move around, make a noise if they need to).

**Derby Quad***QUAD, Market Place, Cathedral Quarter, Derby DE1 3AS*

Telephone 01332 290606

Email [info@derbyquad.co.uk](mailto:info@derbyquad.co.uk)Website [www.derbyquad.co.uk](http://www.derbyquad.co.uk)

Monthly autism friendly screenings (as for Broadway Cinema). Subtitled films for deaf young people. Cinema is fully accessible with lift.

**Savoy Cinema, Worksop***Bridge Street, Worksop, Nottinghamshire S80 1HP*

Telephone 01909 481900

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

Weekly supported environment screenings (low lights left on, soundtrack volume reduced, children can move around) for children with disabilities and additional needs. After school during termtime, mornings during holidays.

## Libraries and copyright

**Nottingham Libraries and Information Service**Website [www.nottinghamcity.gov.uk/libraries](http://www.nottinghamcity.gov.uk/libraries)

Nottingham Libraries have a large central library on Angel Row plus 16 other libraries in local communities and a mobile library. They provide a wide range of information for study and leisure and about local services, facilities and community groups/events. Books, ebooks, CDs and DVDs to borrow for all ages and tastes. Computer time can be booked. For children and young people there are children's activities, homework help, manga and graphic novels, Bookstart packs (see *Early years: encouraging development* section of this directory). Resources to help users who are visually impaired eg. large print keyboards, Supernova software, talking books, RNIB Penfriend (audio description—available at Central Library and Bulwell Riverside, Clifton and Wollaton Libraries as at Jan 2013). Website offers access to electronic resources, online catalogue and real-time electronic enquiry service. All libraries have ramped approaches. Details of accessibility of individual libraries are available on website.

City libraries include a library at Queen's Medical Centre on D floor which is open Monday to Thursday 12.15–4.15pm.

**Nottinghamshire Libraries**Website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (follow the libraries link under *Learning*)

60 libraries across Nottinghamshire and mobile libraries (stops and timetables available on the website). Libraries provide books, DVDs, audio and music CDs, computers and internet access and basic IT training, collections of books for parents, holiday activities for children, song and music sessions for babies and toddlers etc. Some dual language and community language books as well as clear vision/large print books. Photocopying, scanning and fax facilities at some libraries. Membership of libraries is free and children can join at any age. Bookstart packs (see *Early years: encouraging development* section of this directory) are available from libraries. Website offers

access to electronic resources, online catalogue and realtime electronic enquiry service. Details of accessibility of individual libraries (eg. automatic doors) are available on website.

### **Living Paintings**

*Unit 8, Kingsclere Park, Kingsclere, Newbury, Berkshire RG20 4SW*

Telephone 01635 299771

Email [info@livingpaintings.org](mailto:info@livingpaintings.org)

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

The Living Paintings free postal library supports blind and partially sighted children, young people and adults. Tactile versions of pictures with audio descriptions which tell the pictures' stories while directing the fingertips across the tactile image. Tactile story books for children which include audio description and clear braille sheets between each page of text so children can read the text of the story themselves. Some topical and teacher resource books. Full catalogue on the website.

### **RNIB National Library Service**

*P O Box 173, Peterborough PE2 6WS*

Telephone 0303 1239999

Email [library@rnib.org.uk](mailto:library@rnib.org.uk)

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

Braille, audio and giant print books, braille music scores, giant print sheet music, and audio tutorial CDs. Regular magazine with book reviews (the Information Service at the Children's Development Centre has copies).

### **Ebooks**

The RNIB has useful information on its website about the accessibility of ebooks and readers, text-to-speech in ebooks etc.

### **Seeing Ear**

*The Librarian, The Seeing Ear, Carolyn House, 383 Battle Road, St Leonards on Sea, East Sussex TN37 7BE*

Email [librarian@seeingear.org](mailto:librarian@seeingear.org)

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

An online library for anyone living in the UK or EU who wants to read but cannot read ordinary books because of visual impairment, dyslexia or a physical impairment that prevents them turning pages etc. Membership is free. Provides books in electronic text format to download.

The *Copyright (Visually Impaired Persons) Act* 2002 allows an accessible (eg. enlarged) copy of the whole or part of a literary, dramatic, musical or artistic work to be made for a visually impaired person. However, you need to be careful to comply with the law: 'visually impaired' does not include those whose sight can be corrected to an acceptable level with glasses and you cannot make copies if an accessible version is already available to buy nor can you record a performance of a musical work. There is more information available on the RNIB website. Modified Stave Notation may be preferable to enlarged music. The website has further information on this.

## 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. Phone TV Licensing 0300 790 6131 for details or look on the website at [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk) Audio description is available via digital TV (freeview, cable or satellite). There is more information available at [www.rnib.org.uk](http://www.rnib.org.uk) under *Living with sight loss* then *Radio, television and film*. A range of talking televisions was launched in 2012 by Panasonic. Action on Hearing Loss have information about subtitles at [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

## Sport activities and games

Go4it, Mend/Try It, Positive Moves, Family Healthy Lifestyle—for any of these exercise programmes see *Health* section of this directory

The main contacts to find out about sports activities for children and young people with disabilities and to get advice about inclusion in school sport and PE are:

### County:

Pete Edwards

0115 9772884

Email

[pete.edwards@nottscc.gov.uk](mailto:pete.edwards@nottscc.gov.uk) (out of school activities)

### City:

#### Ability Nottingham

Telephone

07932583399

Email

[n.cranshaw@oakfield.nottingham.sch.uk](mailto:n.cranshaw@oakfield.nottingham.sch.uk)

An inclusion support project for children and young people in Nottingham city aged 3–19 years. Ability Nottingham can provide support buddies to enable children to access a mainstream sport or physical activity session and can help them access a specialist session if needed. An adult project is also available for over 19s (see *Transition* section of this directory)

Sarah Eyley, Disability Sports Development Officer

*Sport, Culture and Parks, Communities Department, Nottingham City Council, Woodthorpe Grange, Woodthorpe Drive, Nottingham NG5 4HA*

Contact

via 0115 8761600

Helen Derby, Inclusive Sport

Contact

07824871706

Email

[h.derby@oakfield.nottingham.sch.uk](mailto:h.derby@oakfield.nottingham.sch.uk)

### Both county and city:

#### Sport Nottinghamshire

Website

[www.sportnottinghamshire.co.uk](http://www.sportnottinghamshire.co.uk)

Database of local sports clubs, news about local sports events and initiatives.

#### Parasport

Website

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

Information about disability sport, club finder database. National website.

### **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 sports organization providing sporting opportunities to individuals of all ages and at all levels from recreational to paralympic competition. Multisports days for children. Website has contacts for different sports.

### **Sportability**

*Laynes House, 526-528 Watford Way, London NW7 4RS*

Telephone 0208 9590089

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

Provides sport and challenging pursuits for people with paralysis (eg. stroke, cerebral palsy, spinal cord injury) around the UK, including events and activities in the Midlands. Ages 16 plus only. All activities are free.

### **Spectator sports**

#### **Level Playing Field**

*LPF, c/o CAFE, Regus House, Herons Way, Chester Business Park, Chester CH4 9QR*

Telephone 0845 230 6237 or 01244 893584

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

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

Level Playing Field promotes improved access to sports stadiums for fans with disabilities. Provides information on facilities at different clubs and stadia eg. for football, cricket, rugby and includes reviews/comments from fans with disabilities.

### **Badminton**

#### **Badminton Sessions**

*Lilley and Stone site of Newark Academy, London Road, Newark Notts. NG24 1TN*

Contact 01636 655797 (Sports Development, Newark and Sherwood)

For any age or disability, Fridays 1.30–2.30pm at present (Feb 2013) termtime only but may change later in 2013.

#### **Nottingham Blazers Wheelchair Badminton Club**

*Ellis Guilford School & Sports College, Bar Lane, Basford Nottingham NG6 0HT*

Contact 07866921503 (Elaine Spray)

Website [www.sport-on-wheels.com/blazers.htm](http://www.sport-on-wheels.com/blazers.htm)

Fridays 7–9pm, all welcome, juniors and seniors, beginners and improvers. Specialist wheelchairs available.

#### **Oakfield Racketeers**

*Oak Field School, Wigman Road, Bilborough, Nottingham, NG8 4PD*

Telephone 07824871706 (Helen Derby) or the school  
Badminton on Wednesdays 5–6pm during termtime for young people with a learning disability over 12 years.

## Basketball

### Wheelchair Basketball

*Eastwood Community Sports Centre, Mansfield Road, Eastwood, Notts. NG16 3EB*  
Mondays termtime only 5–6pm for children aged 8–19 years with inclusion needs and their siblings. Wheelchairs are provided at the session.

## Boccia

### Boccia Sessions

*Lilley and Stone site of Newark Academy, London Road, Newark Notts. NG24 1TN*  
Contact 01636 655797 (Sports Development, Newark and Sherwood)

Wednesdays 4–5pm all ages, all disabilities.

Boccia sessions are available for pupils at Sutton Centre Community College at Sutton in Ashfield.

## Canoeing

### Adventure Activities for All Abilities (4As)

*Newark Rowing Club, Farndon Road, Newark Nottinghamshire NG24 2SE*  
Telephone 01636 683426 or  
07760165159 (Julie)

Canoeing for young people with mainly physical disabilities from recreational/beginner level (Saturday afternoons in summer) to national/international level (Saturday mornings and Tuesday and Thursday evenings all year. During winter, gym activities in evenings and water activities when weather permits)

## Cricket

### Nottinghamshire Disabled Cricket Club

*Mansfield Hosiery Mills Cricket Club, The Fieldings off Huthwaite Road, Sutton in Ashfield, Notts NG17 2TF*  
Telephone Pete Edwards 0115 9772884  
Email [pete.edwards@nottscc.gov.uk](mailto:pete.edwards@nottscc.gov.uk)  
Ages 8 years and up.

## Cycling

### Fairholmes Cycle Hire

*Derwent Cycle Hire, Fairholmes Car Park, Derwent Lane, Banford, Derbys. S33 0AQ*  
Telephone 01433 651261  
All terrain mobility scooter available.

### Peak Cycle Hire

*Parsley Hay, Buxton, Derbyshire, SK17 0DG*



Telephone

01298 84493

Handrank cycles, wheelchair cycles, tricycles, electric bikes and all terrain mobility scooter available.

### **Shipley Country Park**

*Slack Lane, Heanor, Derbyshire, DE75 7GX*

Telephone

01773 719961

Two all terrain mobility scooters available for ages 16 plus. Changing Places toilet.

For information on special cycles at other locations, ring:

### **Wheels for All!**

Telephone

0161 745 9944

Email

[wfa@cycling.org.uk](mailto:wfa@cycling.org.uk)

Website

[www.cycling.org.uk](http://www.cycling.org.uk) (choose *Wheels for All* tab)

Rainbow Parents Carers Forum (see page 84-5) have a cycling club for children with disabilities at Oak Field School on Mondays 6–8pm termtime only.

## **Fencing**

### **Nottingham City Fencing Club**

*Rushcliffe Leisure Centre, Boundary Road West Bridgford NG2 7BY*

Telephone

0115 9568 573

Email

[sabrecoach@btconnect.com](mailto:sabrecoach@btconnect.com)

Mainstream fencing club for ages 9 upwards, including adults, which also offers wheelchair fencing, integrated into the main Friday night training sessions.

## **Flying**

### **Aerobility**

Telephone

0303 303 1230

Email

[info@aerobility.com](mailto:info@aerobility.com)

Website

[www.bdfa.net](http://www.bdfa.net)

Offer people with disabilities including older children the opportunity to fly an aero-plane. Charges (currently Nov 2012 £60) Tatenhill airfield near Burton on Trent is one of the locations.

## **Football**

### **Want2Play**

Contact (central for all teams) Kevin Sanders at Notts FA0115 9837406

Email

[kevin.sanders@nottinghamshirefa.com](mailto:kevin.sanders@nottinghamshirefa.com)

Want2Play allows children with a disability the chance to be part of a football team. Clubs around the city and county. Age ranges vary from club to club. Those currently running (Dec 2012) are:

### **Want 2 Play FC Kimberley**

*Kimberley Leisure Centre, Newdigate Street, Kimberley, Nottingham, NG16 2NJ.*

Mondays 4.30–5.30pm

**Want 2 Play FC Calverton/Debz 4 Coffee Football Sessions***Calverton Miners Welfare FC Colts, Hollinwood Lane, Calverton, NG13 6NR.*

Tuesdays 6–7pm.

**Want 2 Play FC Woodhouse Colts***Forest Town, Mansfield, Nottinghamshire.*

Tuesdays 6–7pm. Contact Kevin for venue.

**Want 2 Play FC Gedling Southbank***Play Football Arnold, Arnold Hill School & Technology College, Gedling Road, Nottingham, NG5 6NZ*

Tuesday 6.30–7.30pm

**Ordsall Friends Together Football Training Sessions***Portland Outward Academy, Netherton Road, Worksop, Notts. S80 2SF*

Contact Friends Together via 01777 274422 (Single point of access).

Wednesdays 6–7pm

**Want 2 Play Aspley FC***Oak Field School, Wigman Road, Bilborough, Nottingham, NG8 4PD*

Tuesdays 6–7pm. Ages 6–16.

**Want 2 Play Bingham Town***Butt Field, Bingham*

Wednesdays 6.30–7.30pm specialises in cerebral palsy, other disabilities welcome.

**Want 2 Play Priory Celtic***Kimberley Leisure Centre*

Mondays 5–6pm. Ages 8–16

**Want 2 Play Trowell FC***Bramcote Leisure Centre*

Wednesdays 6–7pm. Ages 5–14

**Nottinghamshire Powerchair Football Club***Meets at Garibaldi College, Garibaldi Road, Forest Town Nottinghamshire NG19 0JX*

And at

*Portland Leisure Centre, Muskham Street, Meadows, Nottingham NG2 2HB*

Telephone 07932 071 364 (Ricky Stevenson)

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

Ages 8 upwards for matches, but could be younger for recreational play. Must be able to use a powerchair. The club has sports powerchairs available. Weekly, both sessions are on Wednesday evenings.

**Goalball****Nottinghamshire Sheriffs***Sutton Bonnington Sports Centre, College Road, Sutton Bonnington, Leicestershire LE12 5RD*

Telephone 0115 9706806 (My Sight Nottinghamshire)

Training on alternate Saturdays 11am–1pm. Transport can be arranged from Nottingham and possibly other areas.

## Gym sessions

### Inclusive Youth Gym Sessions

*Kimberley Leisure Centre, Newdigate Street, Kimberley, Nottinghamshire NG16 2NJ*  
Sat 4–5pm, Sun 9–10am, Thu 3.30–5.45 during termtime. Tue and Thu 1–2pm during holidays. For children aged 8–19 with inclusion needs and their siblings.

## Gymnastics

### Badgers Gymnastics Club

*South Nottinghamshire Academy, Glebe Lane off Cropwell Road, Radcliffe on Trent, Nottingham NG12 2FQ*

*Toot Hill School, The Banks, Bingham, Nottingham NG13 8BL*

Telephone 0115 9334420 (organisers) or

Email roycrew09@btinternet.com

Inclusive club providing gymnastics for children with and without disabilities.

Thursdays at South Nottinghamshire Academy from 4–5.45pm and Wednesdays at Toot Hill School from 4.30–7.00pm.

## Interactive wall

*Dukeries Leisure Centre, Main Road, Boughton, Newark Nottinghamshire NG22 9JJ*

Telephone 01623 862469

Wednesdays 4–5pm, Saturdays 2–3pm, all disabilities, all ages.

## Riding and horse interaction

### Riding for the disabled

Telephone 0845 4507067 (County chairperson)

Website [www.rda.org.uk](http://www.rda.org.uk) and [www.northmidlandsrda.org.uk](http://www.northmidlandsrda.org.uk)

There are 7 local groups across the county. Groups run in the Dukeries, in South Notts, at Woodside Farm Stables, Rainworth, at Ruddington, at Bunny Hill Top, at Lings Lane Stables, Keyworth, and at Wellow Park Equestrian Centre near Ollerton) Phone for details and to discuss which group would be most suitable.

Meadow School of Riding, Woodhouse Eaves, south of Loughborough, runs Riding for the Disabled sessions.

Telephone 07860245675 (Dawn Whitmore) or 01509 891690

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

Hoist available.

### Rainbow Horses

*Meadow End, Leake Road, Costock, Loughborough LE12 6XA*

Telephone 07960031312

Email [sue.coombes67@gmail.com](mailto:sue.coombes67@gmail.com)

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

Not riding lessons but interaction with horses for children with autistic spectrum/communication disorders or issues relating to trauma.

## Sailing and boating

### **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 on the Kennet and Avon canal. Wide access ramps, hydraulic lifts, 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.

### **Jubilee Sailing Trust**

*12 Hazel Road, Woolston, Southampton SO19 7GA*

Telephone 023 8044 9108

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

Sailing for people with physical disabilities. Day sails from 12 years upwards, longer sailing for 16 years plus.

### **Peter Le Marchant Trust**

*Canalside Moorings, Beeches Road, Loughborough, LE11 2NS*

Telephone 01509 265590

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

Provide day outings and short holidays on inland waterways to people of all disabilities and the seriously ill. Boat for hire to families/groups with a disabled/seriously ill member. All ages.

### **RYA Sailability**

Telephone 0844 556 9550

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

Local sailability is available at Giron Sailing Club, Newark. Contact Brian Rennie by email [sailability@girtonsc.com](mailto:sailability@girtonsc.com), or telephone 01949 851245

## Skating

### **Skating for people with disabilities**

*National Ice Centre, Bolero Square, Nottingham NG1 1LA*

Telephone 0843 373 3000

Email [janet.wass@national-ice-centre.com](mailto:janet.wass@national-ice-centre.com)

Sessions on Sunday mornings but not every week, phone/email to check dates.

Children can go on the ice on skates, in their wheelchair or on a sledge. One carer skates free per child with disabilities. Brothers, sisters and friends welcome.

## Skiing

### **Disability Snowsport UK**

Telephone 01479 861272 (national)

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 other people. Membership organisation. Skiing activities for individuals or groups who require adaptive equipment and special instruction and support. Sessions at Tamworth Snowdome on 2nd Thursday of the month between 3–6pm. Contact in advance so that correct equipment and helpers are available. Snowsport school in Scotland.

## Swimming

Parents whose child has a physiotherapist may be able to use the hydrotherapy pool at Oak Field School after school on Mondays and Wednesdays, initially with the physiotherapist's support. Contact Helen Derby at Oak Field on 07932583399.

### Autism Swimming Session (Norsaca)

*Clifton Leisure Centre, Southchurch Drive, Clifton, Nottingham NG11 8AB*

Telephone 0115 9761805 for further details.

Sessions on Saturdays.

### Inclusive Water Games

*Bramcote Leisure Centre, Derby Road, Bramcote, Nottinghamshire NG9 8GF*

On Fridays 4–4.30pm, termtime only for children aged 8–16 years with inclusion needs and their siblings.

### Little Swimmers Group

*Water Meadows, Bath Street, Mansfield, Nottinghamshire, NG18 1BA*

Telephone 07825396378 (Kathryn Brown)

Sat 7–8pm, £12 per family with exclusive use of the pool and family changing rooms.

For families with children with autistic spectrum disorders or learning disabilities.

### Newark Disability Swimming Club

*Grove Leisure Centre, London Road, Balderton, Newark Nottinghamshire NG24 3AL*

Telephone 01636 655797 (Sports Development, Newark and Sherwood)

Open to children and young people with a disability aged 6–16. Tuesdays, termtime only 4–4.30pm, 4.30–5pm, 5–5.30pm depending on ability.

### Stingray Swimming Club

*Djanogly Community Leisure Centre, Gregory Boulevard, Forest Fields, Nottingham NG7 6ND*

Telephone 07500 715620 (organiser)

Email [stingrayswimschool2010@live.co.uk](mailto:stingrayswimschool2010@live.co.uk)

Meets on Mondays and Saturdays 5–6pm.

## Swimming lessons

Disability learning to swim sessions for children with disabilities are held at Beechdale Swimming Centre (until around spring 2014 when this pool closes and new facilities open at Harvey Hadden) at Ken Martin Leisure Centre and at Clifton Leisure Centre.

**Inclusive Swimming Lessons***Kimberley Leisure Centre, Newdigate Street, Kimberley Nottinghamshire NG16 2NJ*

Telephone 0115 9173366

Saturdays 12.30–1pm. For children aged 4–12 with inclusion needs. Parents must go into the pool with their children.

**Inclusive Swimming Lessons***Bramcote Leisure Centre, Derby Road, Bramcote, Nottinghamshire NG9 8GF*

Telephone 0115 9173000

Sundays 10.30–11.15am for children with inclusion needs aged 10–15. 11–11.45am for children aged 4–9 with inclusion needs. Parents must go into the pool with their children.

Pools in Gedling borough offer one to one lessons. Other pools may be able to arrange these – they will be more expensive than group lessons. For pool phone numbers see the list of leisure centres later in this section.

**Quackers Swim School***C/O The Lenton Centre, Willoughby Street, Lenton, Nottingham, NG7 1RQ*

Telephone 0115 9412422

Mobile 07522 541214

Website [www.quackers-swimschool.co.uk](http://www.quackers-swimschool.co.uk)

Children with special needs can be integrated into mainstream lessons but one to one tuition or special needs lessons can also be made available

**Sherwood Seals***Rebecca Adlington Swimming Centre, Westdale Road, Mansfield NG19 7BZ*

Telephone 0345 0000230

Swimming club for children and adults with disabilities. Meets Mondays 6.30–8pm at Rebecca Adlington. Families can just come along.

See also *SAND Sports Club* under *Multisports sessions* below.

**Table tennis****Sycamore Table Tennis Club***Brendon Lawrence Sports Hall, The Sycamore Centre Complex, Hungerhill Road, Nottingham NG3 4NB*Website [www.sycamoretabletennisclub.org.uk](http://www.sycamoretabletennisclub.org.uk)

Sycamore table tennis club has run a course and open day for people with disabilities and there may be future events (Dec 2012)

**Tennis****West Bridgford Tennis Club***Little Bounds off Wilford Lane, West Bridgford, Nottingham NG2 7QA*

Telephone 0115 9811699

Fortnightly tennis club for older children and adults with learning disabilities on Saturday evenings. Special Olympics tennis sessions for young adults 17 plus on

alternate Saturdays. Holiday tennis sessions for children and coaching. Can also include children with physical disabilities who are not wheelchair users.

### **Wheelchair Tennis Sessions**

*Nottingham Tennis Centre, University Boulevard, Nottingham NG7 2QH*

Telephone 0115 8761600

Nottingham Tennis Centre, Sundays 9–11am.

## **Trampolining**

### **Dukeries Leisure Centre**

*Main Road, Boughton, Newark Nottinghamshire NG22 9JJ*

Telephone 01636 655797 (Sports Development, Newark and Sherwood)

Saturdays 11am–12pm for under 16 years, 12–1pm for over 16 years.

### **Inclusive Trampolining**

*Eastwood community Sports Centre, Mansfield Road, Eastwood, Notts. NG16 3EB*

Saturdays 4–5pm for children aged 5–19 and their siblings.

## **Walking**

### **Walks with Buggies**

[www.walkswithbuggies.com](http://www.walkswithbuggies.com). Website providing routes suitable for parents with buggies and young children

### **Walks with Wheelchairs**

[www.walkswithwheelchairs.com](http://www.walkswithwheelchairs.com) Website providing routes suitable for wheelchair users throughout the UK.

## **Water skiing**

### **British Disabled Water Skiing Association**

*The Tony Edge National Centre, Heron Lake, Hythe End Road, Wraysbury Middlesex TW19 6HW*

Telephone 01784 483664

Email [yorkshire@bdwsa.org](mailto:yorkshire@bdwsa.org)

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

There is a Yorkshire/Central section of the association which runs courses at lakes in Derbyshire, Lincolnshire and South Yorkshire.

## **Multi-sports sessions**

### **Active Families**

These sessions are currently held all city leisure centres. Times are available on the city council website at [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (under *My Services, Leisure and Culture, Sport and Leisure, Being Active*) or phone your local leisure centre. Active families sessions may also be developed at Oak Field School and Sports College in 2013. If your child with disabilities needs extra support to participate contact Ability Nottingham at the start of this *Sports, activities and games* section.



**Blast Sports Club***North Notts Community Arena, Eastgate, Worksop, S80 1QS*

Telephone 01909 480164

Wednesdays 10am–3pm.

**Gedling Plus Sports club***Redhill Leisure Centre, Redhill Road, Arnold, Nottinghamshire NG5 8GX**Carlton Forum Leisure Centre, Coningswath Road, Carlton, Notts. NG4 3SH*

Telephone 07770895305

Email [gedlingsportsplusclub@hotmail.co.uk](mailto:gedlingsportsplusclub@hotmail.co.uk)

Sport and social club for young people with physical disabilities or special needs.

Ages 10–17 years currently (Dec 2012) at Redhill on Thursdays 4–5.30pm, ages

16–25 currently at Carlton Forum on Tuesdays 4.30–6.30pm. Clubs run termtime only.

**Inclusive Sports and Games***The Pearson Centre, 2 Nuart Road, Beeston, Nottinghamshire NG9 2NH*

Telephone 0115 9254112

Inclusive sports session for children with disabilities and their siblings on Saturdays from 9–10am. For children in school years 1–11.

**S.A.N.D 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 *Sports and Leisure*, then *Sports Development*, then choose *S.A.N.D.*)

Supported by parents/carers, offers physical activity for young people with disabilities. Provides out of school, sporting and learning opportunities for pupils in special schools, as well as focusing and encouraging the abilities of young people with additional needs receiving education in mainstream schools. Ages 5–18. Mondays 6–7pm (boccia, zone hockey, badminton, football, tabletop games etc.) Play with A Purpose Swimming Lessons Thursdays 6.00–6.40pm beginners 6.45–7.30pm intermediate lane swim. Swimming lessons must be pre booked via Sian Kirk

**Special Olympics Clubs***Meets at: Oak Field School, Wigman Road, Bilborough, Nottingham, NG8 4PD*

Telephone 07824 871706 (Helen Derby)

Multi sports club for people aged 8 years and over with a learning disability. Meets Mondays 6.30–7.45pm.

*Meets at: Garibaldi College, Forest Town, Mansfield, Nottingham NG19 0JX*

Telephone 0115 9772884 (Pete Edwards)

Email [pete.edwards@nottscg.gov.uk](mailto:pete.edwards@nottscg.gov.uk)

For people aged 8 years plus with a learning disability. Wednesday evenings 6–7pm.



## Leisure centres in Nottingham City and Nottinghamshire

Leisure centres run a range of sports and leisure clubs and sessions for children. In some areas you may be able to buy a card which gives discounts at all local leisure centres. Some gyms are Inclusive Fitness Initiative accredited. Although specific inclusion sessions are listed above under individual sports, you may also access more general mainstream activities. Contact numbers for the individual centres are below:

### **Ashfield** [www.ashfield-dc.gov.uk](http://www.ashfield-dc.gov.uk) (under *Leisure and Culture*)

Edgewood Drive (Hucknall)	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
North Notts Community Arena	01909 480164
Retford	01777 706500
Worksop	01909 473937

### **Broxtowe** [www.broxtowe.gov.uk](http://www.broxtowe.gov.uk) (under *Leisure and Culture*)

Bramcote	0115 9173000
Chilwell Olympia	0115 9173333
Eastwood	0115 9173573
Kimberley	0115 9173366

### **Gedling** [www.gedling.gov.uk](http://www.gedling.gov.uk) (under *Leisure and Culture*)

Arnold	0115 9670114
Calverton	0115 901 3800
Carlton Forum	0115 9872333
Redhill	0115 9569996
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.newark-sherwooddc.gov.uk](http://www.newark-sherwooddc.gov.uk) (under *Leisure*)

Blidworth	01623 466266
Dukeries, New Ollerton	01623 862469
Grove, Newark	01636 655780
Southwell	01636 813000

## Nottingham City

Beechdale (Aspley) until Spring 2014, Clifton, Djanogly (Forest Fields), Harvey Hadden (Bilborough), John Carroll (Radford), Ken Martin (Bulwell), Nottingham Tennis Centre, Portland (Meadows), Southglade (Bestwood), Victoria (Nottm Centre)

Telephone 0115 8761600 all enquiries  
 Email [sportandleisure@nottinghamcity.gov.uk](mailto:sportandleisure@nottinghamcity.gov.uk)  
 Website [www.mynottingham.gov.uk/sportandleisure](http://www.mynottingham.gov.uk/sportandleisure)  
 Discounts with Citycards.

**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

## Adapted toys and sports

### Project Adapted

*Adapted Physical Activities Unit, School of Education, Nottingham Trent University, Clifton Campus, Clifton, Notts. NG11 8NS*

Telephone 0115 8483268  
 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.

## Sensory rooms

These rooms can be booked by parents. You may need to register and have an induction before using for the first time.

APTCOO (see page 82)

Mary Potter Centre on first floor (lift available) Book via the Children's Centre on 0115 8838202.

Hoods Hidout, Beechdale Swimming Centre, Beechdale road, Nottingham NG8 3LL  
 Soft play centre includes dedicated area for under 5 years. There is also a sensory room for children and adults, capacity of 12 people, includes a visual projector, moving lighting, bubble tubes, mirrors and calming music.

There are sensory rooms in the following Children's Centres:

Butler's Hill and Broomhill, Summer House, Kingston Park Primary School, Chilwell, Eastwood, Calverton, Bellamy, Mansfield Woodhouse, Warsop, Sherwood East, Basford, Bulwell, Dunkirk, St Anns North and Wollaton.

## Country parks

A variety of children's and family events are held in the country parks during week-ends and holidays.

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

**Bestwood Country Park**

Telephone 0115 9273674

Free disabled parking, some paths wheelchair accessible, some steep gradients. Rangers can advise on suitable routes.

**Cotgrave Country Park**

Telephone 0300 500 8080

Most paths suitable for pushchairs and wheelchairs.

**Rufford Abbey Country Park**

Telephone 01623 821338

Free disabled parking and toilets, most areas wheelchair accessible. Wheelchairs and mobility scooters can be loaned free (no children's chairs but older children can use adult chairs. Booking 10.30am–4.30pm people can use scooters.

**Sherwood Forest National Nature Reserve**

Telephone 01623 823202

Free disabled parking and toilets, some paths wheelchair accessible. Mobility scooters for hire. Path to Major Oak is wheelchair accessible.

Information about events in **Nottingham city parks** is available on the council website under *Parks* in the A to Z. Events in parks are also listed in *What's On* which should be available at your local city library.

## Outings

*The Rough Guide to Accessible Britain* aims to help people with disabilities to plan hassle free outings across Britain. The latest version is online only at:

[www.accessibleguide.co.uk](http://www.accessibleguide.co.uk)

## Holidays

Both:

*Contact a Family* (0808 808 3555, textphone 0808 808 3556, [www.cafamily.org.uk](http://www.cafamily.org.uk))

and the *National Autistic Society* (0808 800 4104, [www.autism.org.uk](http://www.autism.org.uk))

produce factsheets on holidays for children with special needs which are updated each year. There is also a website [www.holidaysforall.org.uk](http://www.holidaysforall.org.uk) which brings together a number of holiday organisations for people with special needs.

**Access Travel**

6 The Hillock, Astley, Lancashire, M29 7GW

Telephone 01942 888844

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 accommodation and properties in Europe and Florida, all personally inspected or suggested by a wheelchair user. Flights and transfers can be arranged. ATOL licence.

**Accessible Travel**

Avionics House, Naas Lane, Quedgeley, Glos 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)

Tour operator for people with disabilities, inspected accommodation, adapted vehicles / appropriate transport in resort, equipment hire etc.

### **Canalability**

*Lock View, Burnt Mill Lane, Harlow, Essex CM20 2QS*

Telephone 01279 424444

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

Registered charity has 4 accessible and centrally heated boats for hire.

### **Calvert Trust**

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

*Calvert Trust Lake District, Little Crosthwaite, Keswick, Cumbria CA12 4QD*

Telephone/Minicom 01768 772255

*Calvert Trust Kielder, Kielder Water, Hexham, Northumberland NE48 1BS*

Telephone 01434 250232

*Calvert Trust Exmoor, Wistlandpound, Kentishbury Barnstaple, Devon EX31 4SJ*

Telephone/Minicom 01598 763221

Calvert Trust offers activity holidays and outdoor pursuits courses at 3 centres specifically for people with physical, sensory or learning disabilities, alongside their friends and family. Groups, families and individuals are welcome. All ages and abilities. Bursaries may be available to help with some of the costs for low income families. It is hoped that a 4th centre will open in the Chilterns 2014/15.

### **Caravanable**

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

Lists caravan sites around UK with facilities for wheelchair users. Adverts for adapted mobile homes to rent. Information on accessible beaches, adaptations to caravans and on where to hire all terrain wheelchairs.

### **CHICKS**

*Moorland Retreat, Bonnaford, Brentnor, Tavistock, Devon PL19 0LX*

Telephone 01822 811020

*Midlands office: Suite 91, 5th floor, Ruskin Chambers, 191 Corporation Street, Birmingham B4 6RP*

Telephone 0121 233 3842

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

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

Free residential respite breaks for disadvantaged children across the UK who might not otherwise have a holiday. Holiday centres are in Cornwall and Devon. Children who can be helped include those who have been abused, children of prisoners, young carers and those growing up in poverty. Referral via any organisation or professional. For ages 8–15 years. Cannot accept children who require one-to-one attention, or have a police record of violence or who have serious medical conditions or who require specialised care or handling.

**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 adults with CF up to the age of 25 to enable them to have a break. Applications forms can be downloaded from the website or phone for a form.

**Enable Holidays***39 Station Road, Walsall, West Midlands WS2 9JT*

Telephone 0871 2224939

Email [info@enableholidays.com](mailto:info@enableholidays.com)Website [www.enableholidays.com](http://www.enableholidays.com)

Holiday company with overseas holidays for people with mobility difficulties.

Accessible accommodation, transfers from airport in adapted vehicles, equipment for hire at the resort etc. All accommodation has been visited and checked. Excursions in adapted vehicles available in some resorts.

**Livability**Website [www.livability.org.uk](http://www.livability.org.uk)

John Grooms has accessible hotels in Wales and Somerset and accessible self catering accommodation in a variety of locations. Further details from:

*The Promenade Hotel, Minehead*Contact 01643 702572 email [promenade@livability.org.uk](mailto:promenade@livability.org.uk)*The West Shore Hotel, Llandudno*Contact 01492 876833 email [westshore@livability.org.uk](mailto:westshore@livability.org.uk)*Self-Catering Holidays*Contact 0845 6584478 email [selfcatering@livability.org.uk](mailto:selfcatering@livability.org.uk)**Kiloran Trust***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, whilst the person cared for is in respite. Charges (full board, 2012) £295 for Mon–Sat break.

**Seable***35 Kingsland Road, Shoreditch, London E28AA*

Telephone 0207 749 4840 or 0793 614 6349

Email [info@seable.co.uk](mailto:info@seable.co.uk)Website [www.seable.co.uk](http://www.seable.co.uk)

Holidays in Sicily with accessible activities (including diving, fishing) for people with visual impairments or physical disabilities.

**Holiday Homes Trust***Gilwell Park, Chingford, Essex, E4 7QW*

Telephone 0208 4337290

Email [scout.holiday.homes@scout.org.uk](mailto:scout.holiday.homes@scout.org.uk)

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

Adapted caravans and a chalet on Haven, Hoburne and Park Resorts holiday parks in Northumberland, Yorkshire, Norfolk, Essex, Hampshire, Dorset, Devon, Cornwall, Somerset and South Wales. All accommodation is wheelchair accessible and 3 caravans have wheel in showers. Price list on website.

### **Matching Houses**

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

House swap website for people with disabilities.

### **Thomas Centre**

*Westfield, Covenham St Bartholomew, Louth, Lincolnshire LN11 0PB*

Telephone 01507 363463

Email [thethomascentre@msn.com](mailto:thethomascentre@msn.com)

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. Weekends, midweek breaks, week long holidays. Selfcatering. Prices on website.

### **Torbay Holiday Helpers Network**

Telephone 01803 325152 (Luke Tillen) 07768 770434

Fax 01803 324780

Email [luke@thhn.co.uk](mailto:luke@thhn.co.uk)

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

Hotels and accommodation providers offer free holidays for families with a child with a life threatening/life limiting illness or who are recently bereaved or to families with a parent with a terminal illness. The holidays are for immediate family members only, but single parents can bring another carer. Although the network started in Torbay, holidays are now available in other areas. A social worker, NHS worker eg. GP or consultant, or a charity worker must apply on the family's behalf. Free entry to local attractions, some free food may also be available.

### **Tourism for All**

*7A, Pixel Mill, 44 Appleby Road, Kendal, Cumbria LA9 6ES*

Telephone 0845 1249971

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

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

Holiday information for disabled people and carers.

### **When You Wish Upon a Star**

*Futurist House, Valley Road, Basford, Nottingham NG5 1JE*

Telephone 0115 9791720

Email [nottingham@whenyouwishuponastar.org.uk](mailto:nottingham@whenyouwishuponastar.org.uk)

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

Have a chalet at Bridlington, villas in Florida and Alicante and a lodge in Cornwall for rent to families with a child with life threatening condition or terminal illness aged 2–16 years. Contact for further details.

**Youth Cancer Trust**

*Tracey Ann House, 5 Studland Road, Bournemouth BH4 8HZ*

Telephone 01202 763591

Email [admin@yct.org.uk](mailto:admin@yct.org.uk)

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

Holidays in Bournemouth for young people aged 14–30 years with cancer or in remission for up to 5 years who are attending a treatment centre including for check ups.

Young people can bring a brother, sister or friend. Free.

## Short breaks services

### Flexible Short Breaks (county)

Telephone 01623 433226

Flexible Short Breaks are for children living in the county of Nottinghamshire outside the city who have disabilities but who are not currently receiving a short break. Can provide a number of hours of short breaks over a year. Families or referrers can also contact the service via the Customer Services number 0300 500 8080. Breaks could consist of befriending, sitting service in the home, activities for the child/young person etc. For ages 0–18 years.

Care might be provided by:

### Short Breaks Service for children and young people with learning disabilities

*Royal Mencap Society, Dukeries Business Centre, 31–33, Retford Road, Worksop, Notts S80 2PU.*

Telephone 01909 712255

Providers of short breaks service for families/carers of children or young people with a learning disability. We offer support for children and young people within varied settings for example in the family home or within a community setting. The short breaks come in a variety of forms depending on the needs of the child, young person and family. We can provide services in the Newark, Bassetlaw, Mansfield and Ashfield areas. Ages 4–18 but will consider younger children and those in transition to adult services. Families can also use direct payments to fund.

### Nottingham Mencap Short Breaks Service

*Nottingham Mencap, Harpenden House, 203 Edwards Lane, Sherwood, Nottm. NG5 3JA*

Telephone 0115 920 4433

E-mail [shortbreaks@positivefutures.org](mailto:shortbreaks@positivefutures.org)

Can offer sitting- fun activities in the home (children aged over 5), befriending- fun activities in the community (e.g. bowling, cinema, meals out, swimming, shopping trips (age 8+), transition/lifestyle support- practising skills for independent living in the home/local community environment (age 14+). The service cannot cater for people with complex physical needs.

### Crossroads Care North Notts

*Intake Business Centre, Kirkland Avenue, Mansfield, Nottinghamshire NG18 5QP*

Telephone 01623 658535

Covers Bassetlaw, Mansfield, Ashfield and Newark and Sherwood boroughs. Sitting service in child's home to allow the parents/carers a break. Outings with the child to help them gain independence. Parents can contact the service for advice on referral or can use direct payments/own money to self-fund. Referral must be via a someone (eg. a service) who can pay. Ages 0 upwards including adults. Young people can keep same worker as they move to adult service.

### **East Midlands Crossroads Caring for Carers**

*19 Pelham Road, Sherwood, Nottingham NG5 1AP*

Telephone 0115 9628920

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

Provide care for child at home while the parents take a break, care for child in the community to allow parents to have time for themselves or with child's siblings at home, waking night service at child's home to allow parents undisturbed sleep, young carers service to allow young carers to undertake activities either with other children of their age or spend to quality time with their parents. You can use direct payments/personal budget to pay or you can self fund, or care may be provided via a CAF or following an assessment by Disabled Children's Team. Ages 0 upwards

## **Short breaks away from home (county)**

### **Big House, Edwinstowe**

*Church Street, Edwinstowe, Nottingham NG21 9QA*

Telephone 01623 822453

Short breaks (usually 2–3 days, maximum 9 days) for children in fulltime education with severe learning disabilities and associated challenging behaviour ages 4–19. Referral via the Children's Disability Service page 75.

### **Caudwell House**

*Upton Road, Southwell, Nottinghamshire NG25 0PT*

Telephone 01636 813170

Short breaks for young people with physical disabilities and associated illnesses aged 3–4 years (if at school or special needs nursery) to 19 years. Most children are aged at least 8 years. Also 6 bedded residential unit. 10 beds for short breaks. Day care and outreach work to help parents in the home. Help with hospital appointments. Referral via the Children's Disability Service page 75.

### **Minster View**

*Normanton Road, off Upton Road, Southwell, Nottinghamshire NG25 0PT*

Telephone 01636 815450

Short breaks (6 beds available) for children aged 5–19 with severe learning disabilities and challenging behaviour. Also 6 bedded residential unit for young people with severe learning disabilities and challenging behaviour aged 9–19 years. Referral via the Children's Disability Service page 75.

## **Short Breaks (city)**

*Short Breaks Team, Mary Potter Centre, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY*



Telephone 0115 8838280

Short Breaks are an additional service for a child with disabilities and their family to support caring and promote positive activities.

A basic offer of up to 104 hours is available without the need for a specialist assessment. This can be accessed via a Common Assessment (CAF) which should be completed by a professional involved with your child and should show that your child's needs cannot be met via 'universal' play services. If children are in receipt of the highest rate of DLA this may indicate that you are entitled to the basic offer.

Parents/young people can then choose from one or more of a:

- **sitting service** (ages 0–18) while parents have a short break
- **link work service** (ages 5–18) helping the child to access activities in the community
- **home care service** (ages 0–18) providing practical support in the home eg. helping the child to get ready for school
- **direct payments**.

Care might be provided following an offer as above by:

### **MacIntyre**

*1A Warren Arms Place, Albert Avenue, Stapleford, Nottinghamshire NG9 8BW*

Telephone 0115 939 2582

Provide care for children with disabilities in the home, and in the community, sitting service etc. following assessment and referral as above. Families can also use direct payments/personal budgets to purchase the service.

For children with more severe disabilities there is an enhanced offer. To access this you should contact the Disabled Children's Team (pages 75-6) and ask for an assessment of your child and your family's needs.

A specialist offer for children whose needs are very complex and cannot be met by the two offers above. A social worker from the Disabled Children's Team will need to do a Core Assessment which is an in depth assessment. Services provided under this offer might include a combination of support in the home and in the community and overnight stays away from home. Your social worker will book a time for you (and your child if appropriate) to attend the Short Breaks Partnership Panel with the social worker and the panel will agree the most suitable package of care in consultation with you.

Care for children who need these more specialist offers might be partly provided by Home from Home Service (contact via the Short Breaks Team) or Contract Carers And away from home by

### **Crocus Fields (City)**

*Arkwright Walk, Meadows, Nottingham NG2 2HN*

Telephone 0115 915 3882

Short breaks (weekend or midweek) for children with severe learning disabilities and autistic spectrum disorders (7 beds) and physical disabilities (4 beds). Ages 8–18.

## Nursing needs

Some children with healthcare needs may be supported by

### **C.A.R.I.N. (Care and Respite in Nottingham) 4 Families**

*C12, Curie Court, Queens Medical Centre, Nottingham NG7 2UH*

Telephone 0115 924 9924 ext 62738 (24-hour answer machine)

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

Care at home and sometimes at nursery/school for children with healthcare needs which cannot be provided for by another service. For children with a consultant at Nottingham University Hospitals (QMC or City) and who live in Nottingham City or Nottinghamshire outside Bassetlaw. The service can be provided across the 24 hour day, 7 days a week. Ages 0–19. Professionals can download a referral form from the website, families can download a leaflet about the service from the Patients Information leaflets list (Children's Leaflets, Community)

### **Short Breaks Service Children's Development Centre**

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

Telephone 0115 8831147

Contact Isobel Millward, Senior Nurse,  
Linda Connolly, Care Co-coordinator

Nurse led unit offering short breaks for children with complex health and disability needs. Includes day care for children and young people who meet the access criteria. Overnight care up to the age of 19 years. Support for the family around nursing issues. Referral via the Children's Disability Service or Disabled Children's Team.

## Other providers

If you have direct payments or can self fund you might consider:

### **Care@Rainbow's End**

*Bosworth Farm, Main Road, Shelford, Nottingham NG12 1EE*

Telephone 0115 9332878

Website [www.care-rainbowsend.org](http://www.care-rainbowsend.org)

This residential home for young adults with learning disabilities and autistic spectrum disorders will be offering day care and short respite breaks for young people aged 14–18. The service should start in 2013. Charges – you can self fund or use direct payments. Rainbow's End offers a variety of activities in a tranquil rural setting.

### **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)

Can offer breaks at Little Hope House or at 2 adapted caravans at Skegness. Charges.

## 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

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

The hospice has 8 beds. A small community team can work with children with life limiting conditions and their families at home. Referrals accepted from anyone, provided they are made with the knowledge and agreement of the family. Services for families in north Nottinghamshire, northeast Lincolnshire (west of the Trent), north Derbyshire and south Yorkshire. Shooting Stars siblings group, monthly parents/grandparents group. Phone for referral forms or download from the website.

**Rainbows Hospice for Children and Young Adults***Lark Rise, Loughborough, LE11 2HS*

Telephone 01509 638000

Minicom 01509 216472

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 suffering from life limiting conditions who are not expected to reach/live far into adulthood. Covers the midland counties. 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. Information about the hospice can be downloaded in a range of languages from the website.

**Together for Short Lives***4th floor, Bridge House, 48–52 Baldwin Street, Bristol BS1 1QB*

Telephone 0845 1082201

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

Together for Short Lives is the leading UK charity for all children with life-threatening and life-limiting conditions and all those who support, love and care for them. Resources for families to help them make choices and access services. Information about hospices elsewhere in the country.

Douglas House (Oxfordshire) was the first hospice aimed specifically at young adults and is open to people from outside Oxfordshire. Telephone 01865 794749 for more details.

## 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. The benefits system is undergoing change at present (Nov 2012) 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) (*Caring and Supporting* section, *Welfare Benefits*).

Nottingham City Council website [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) also has information — choose *Advice and Benefits* link from the A–Z.

## Disability Living Allowance (DLA)

This is the main benefit for children with disabilities. It 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 monthly and is a passport to other types of help. There are 2 parts to DLA and either or both can be claimed. We have given a brief explanation here but there is more detail on the IRIS website at [www.askiris.org.uk](http://www.askiris.org.uk) and at [www.gov.uk](http://www.gov.uk)

Disability Living Allowance can be affected if a child stays away from home eg. in a residential school, in residential respite care or in hospital. DLA care component will stop after the child has been in the hospital, school or care unit for 28 days. If your child is in hospital, mobility component will also stop after 28 days. However if you have a Motability car, payments will continue. The day your child goes into hospital and the day they come home are not included in the 28 days. The rules are complex and you should get advice if this applies to your child. Please note that children under 16 are not affected by the introduction of Personal Independence Payments in 2013.

### 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 they should qualify for the care component. For example the help could be with dressing, eating, signing, with making themselves 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 for your child receives it as soon as they are 3 months old. 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. 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 within eight days.

There are 3 different rates for care component depending on how much extra care your child needs.

Weekly Rates for 2012/13 are:  
£77.45 (high), £51.85 (middle), £20.55 (low)

## Mobility component

If your child can walk but needs more guidance or supervision than other children the same age they may qualify for lower rate mobility component. This can be paid from age 5. If unable or virtually unable to walk, or with severe learning disabilities and severe behavioural problems/autism and receiving the high rate of care component, or with considerable visual or hearing impairment, or if their health might be further damaged by walking they may qualify for higher rate. This can be paid from age 3.

Weekly Rates for 2012/13 are:  
£54.05 (high), and £20.55 (low)

## Carers Allowance (CA)

If your child receives middle or high rate care component of Disability Living Allowance, 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 would be added to your Income Support or income based Jobseeker’s Allowance. If you get CA, you can still have a paid job provided you do not earn over a certain amount (£100 a week after certain expenses e.g. childcare, income tax, some pension contributions, work-related expenses etc. This income limit was correct in Sept 2012). 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 eg. 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) and at [www.askiris.org.uk](http://www.askiris.org.uk) If you are unsure whether to claim always get advice from a welfare rights advisor.

Rates for 2012/13 are:

£58.45 (Carers Allowance), £29.50 (Carer Premium where applicable).

## NHS benefits

Your child under 16 years (or 16–19 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 they are damaged or lost. If the damage or loss was due to illness and the young person is over 16 and cannot get help through an insurance or warranty and is entitled to a voucher for the glasses/lenses then he may be eligible for a voucher towards replacement costs. 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. For information about help with the cost of travel to hospital appointments see the *Transport* section of this directory.

## 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 teaching or supervised study. 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 find also out more about these benefits from the Tax Credit helpline 0345 300 3900 textphone 0345 300 3909 and by looking at the *Tax Credits Guide* from Contact a Family (page 103).

If your child starts to receive DLA or the care component is increased to highest rate you need to contact the Tax Credit Helpline as you may be eligible for extra payment. 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.

## The benefits cap

This is being introduced in April 2013 and will limit total benefits for a family with dependent children to £500 where the parent(s) are out of work. It will not apply to families where parents work for 16 (or 24 depending on circumstances) hours a week. It also does not apply where the person who claims, their partner or any dependent child gets Disability Living Allowance (DLA). However if your child reaches 16 and starts to claim benefits in their own right they will no longer be treated as a dependent child. This could mean parents lose exemption from the benefits cap. Families should get advice in these circumstances.

## Claiming these benefits

To claim Disability Living Allowance telephone 08457 123456 for dated forms or review claim packs. At present there are different forms for under 16s and for young people 16 and over. (Nov 2012). If granted, the benefit will be paid from the date stamped on the form provided you return the form within 6 weeks of receiving it. To claim Carers Allowance telephone 0845 608 4321 for a form. 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: *Midlands Disability Benefits Centre, PO Box 34, Birmingham B99 1AR*

If you are claiming CA it can be backdated for up to 3 months provided you have met the qualifying conditions during this time. You can claim for both benefits online.

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. 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 and if this arrives within the one month period you will have an additional 14 days in which to challenge the decision. If the written statement arrives after the one month period finishes you will have 14 days from the date it was sent to you in which to challenge the decision. You can then ask for a reconsideration of the decision. 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 in writing or on an appeal form. The form is included in the DWP booklet *If you think our decision is wrong* which you can download from [www.gov.uk](http://www.gov.uk)

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 *Publications*.

DLA is normally awarded for a fixed period and you will 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) and before their 16th birthday. You should always get help with completing the forms as they are treated as if they were new claims.

To claim Tax Credits contact the helpline for a form:

Helpline 0345 300 3900

Textphone 0345 300 3909

## When your son or daughter reaches 16

Under the current (2012) system 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 DLA 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.

## Personal Independence Payment (PIP)

From April 2013 PIP will be introduced to replace DLA for young people aged 16 upwards. The change will not begin in Nottinghamshire until at least June 2013. There will be no automatic transfer from DLA to PIP so everyone will be reassessed for the new benefit. There will be a fast track for those with life limiting conditions who are not expected to live for more than 6 months and not everyone will need a face to face reassessment. PIP will be introduced over several years so that by the end of 2016 DLA will have been phased out for everyone over 16. The Department for Work and Pensions will contact people aged 16 and over who are receiving DLA to let them know when and how to make a claim for PIP. PIP will have 2 components: daily living and mobility and each component will have a standard and an enhanced rate. At present, the government plans say that either rate of daily living component will allow a carer to claim Carers Allowance and that the enhanced rate of mobility component will give access to the Motability scheme.

## Employment and Support Allowance (ESA)

Young people aged 16–19 may be able to claim Employment and Support Allowance (ESA) if they have ‘limited capacity to work’ and they are not in fulltime education. However if they receive DLA care or mobility component at any rate they can claim ESA even though they are in fulltime education. Part time students with ‘limited capacity to work’ can claim whether or not they receive DLA. Whether a course is considered full or part time can depend on where the young person is studying and the nature of the course. Contact a Family 0808808 3555 can advise you. Income related ESA is based on the young person’s income and savings not those of the parents. However if the young person is awarded ESA and they receive certain care from local authority adult services they may find they now have to pay towards this. Contact a Family’s factsheet *Money when your child reaches 16 years of age* has more details and can be downloaded from their website [www.cafamily.org.uk](http://www.cafamily.org.uk)

## The 16-19 Bursary Fund

The 16–19 Bursary Fund has replaced Education Maintenance Allowance in England. A young person in receipt of both Disability Living Allowance and 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.

For additional information on financial help at 16 see the *Transition* section of this directory.

## Employment rights

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) and [www.gov.uk/flexible-working](http://www.gov.uk/flexible-working)



## Working Families

1-3 Berry Street, London EC1V 0AA

Telephone 02070170072 (Janet Mearns for disability issues)

Helpline 0300 012 0312 (general advice for working parents  
of any child)

Email [janet.mearns@workingfamilies.org.uk](mailto:janet.mearns@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 booklets *From Child to Adult: Disability, Transition and Family Finances and Getting into Work* are available to download from the website. They also produce a regular free newsletter and monthly e-bulletin as well as the helplines.

## ACAS

Helpline 0845 7474747 (8am–8pm weekdays, Sat 9am–1pm)

Text Relay (for people with hearing/speech difficulties) 18001 08457 474747

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

ACAS aim to improve working life through better employment relations. 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

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 you 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 (November 2012) the maximum grant is £30,000 and there is no means test when the grant is needed for a child or young person under 19 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).

## Multiple births

Sure Start maternity grants of £500 (2012) are available to families on a low income receiving certain benefits. They are normally only available for the first child. However for babies born after 29th October 2012 the scheme has been extended to families where there is already a child under the age of 16 if there is a subsequent multiple birth. Families expecting twins will receive £500 and triplets £1000 provided they have not already had one multiple birth.

## Charitable funding

Your local library or Citizens Advice Bureaux may have national directories of grant making trusts. 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.

### Family Action

*Grants Service, Family Action, 501–505 Kingsland Road, London E8 4AU*

Telephone 020 72546251 (2–4pm Tue/Wed/Thu only)

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

Provide welfare and educational grants to people in need who are on a low income who fall into one of the priority areas which are: adults with mental health issues, young people aged 19–25 living alone, families fleeing domestic abuse and people needing help with the cost of medical care or the costs of convalescence. A professional worker such as a social worker, advice worker, health visitor etc. needs to apply for you on an application form. Cannot cover arrears (except utility bills) and debts or give grants to anyone who has received a Family Action grant in the last 2 years. Grants to help disadvantaged parents on a low income with the costs of education and training to improve employment prospects. Grants usually £200–500.

### The Family Fund

*Unit 4, Alpha Court, Monks Cross Drive, Huntington, York YO32 9WN*

Telephone 0844 9744099

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 severe disabilities 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, driving lessons, specialist toys, equipment for young person's college course etc. You must be in receipt of 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 (Nov 2012) Application forms can be downloaded from website and previous applicants may be able to apply online. You must have permanent and 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 the Regional Coordinator Lyn Coggan on 01538 369200 [Lmc@familyfund.org.uk](mailto:Lmc@familyfund.org.uk)

### New Appeals Organisation.

*4 Rise Court, Hamilton Road, Nottingham NG5 1EU*

Telephone 0115 9609644

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

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 and for children with a significant disability who live permanently in the UK. Equipment must be essential and disability relevant. Equipment and sensory box loans also available. Essential equipment loans delivered within 72 hours normally for families with a child with a terminal illness. No means testing but do take a view of whole circumstances of the family. For children/young people up to 19th birthday.

## Protecting your pension

Your entitlement to state pension is based on the number of years in which you have paid National Insurance contributions or you are 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 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. If you are an approved foster carer you can apply for national insurance 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

**Benefit Enquiry Line**

Telephone 0800 882200 (Mon–Fri 8am–6pm)

Textphone 0800 243355

General advice on benefits for people with disabilities, and carers. Cannot advise on individual claims.

**Carers Allowance Unit**

Telephone 0845 6084321 (8.30am–5pm Mon–Thu or 4.30pm Fri)

Textphone 0845 6045312

Email [cau.customer-services@dpw.gsi.gov.uk](mailto:cau.customer-services@dpw.gsi.gov.uk)

**Child Benefit Helpline**

Telephone 08453 021 444 (Mon–Fri 8am–8pm, Sat 8am–4pm)

Textphone 08453 021 474

**Child Trust Fund (closed to new applicants)**

Telephone 0845 302 1470  
Textphone 0845 366 7870  
Website [www.gov.uk](http://www.gov.uk)

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 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) (look 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 08457 123456 (8am–6pm Mon–Fri)  
Textphone 08457 224433

It usually takes about 40 working days to deal with a new DLA claim unless it is made under the special rules for people with terminal conditions.

**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 for carers, people with disabilities etc.

**HM Revenue and Customs**

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

Tax credits and child benefit information.

**National Debtline**

*Tricorn House, 51-53 Hagley Road, Edgbaston, Birmingham B16 8TP*

Freephone 0808 808 4000 (Mon-Fri 9am–5pm, Sat 9.30am–1pm)  
Website [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

National telephone helpline for people with debt problems. Free, confidential and independent. Free factsheets and selfhelp packs. Callers can remain anonymous.

**Turn2us**

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.

#### Community Centrepoint, Kirkby

*Diamond Avenue, Kirkby in Ashfield, Nottinghamshire NG17 7GN*

Telephone 01623 751269

Advice Centre Open Tuesday, Thursday and Friday 9.30am–12noon. Drop in for help with form completion. The Centre cannot help with appeals and tribunals.

#### Disability Nottinghamshire

*1 Byron Street, Mansfield, Nottinghamshire NG18 5NX*

Telephone 01623 625891

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

Disability Nottinghamshire offer advice, help with benefit forms, appeals and tribunals and have a Reach Out Nottinghamshire service for people in rural/isolated county areas. 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. debt advice (do not have to be a cancer patient), etc. Can do home visits but there is a wait for these. DWP Advisor visits every Wednesday 9am–2pm (6 appointments available)

#### Rushcliffe Advice Network

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

Provides sessions at

*Cotgrave Advice Centre, Methodist Community Hall behind Methodist Church, Bingham Road, Cotgrave NG12 3JR.*

Telephone 0115 989 3294

Email [cotgraveadvicecentre@gmail.com](mailto:cotgraveadvicecentre@gmail.com)

Drop in Monday from 5pm–7pm, Tuesdays and Thursdays from 9am–12pm.

Appointments are needed for monthly sessions with a visiting solicitor.

*Radcliffe on Trent Advice Centre, St Mary's Hall, Main Road, Radcliffe on Trent*

Telephone 0796 8642243 (office hours only)

Email [radcliffeadvicecentre@gmail.com](mailto:radcliffeadvicecentre@gmail.com)

Drop in Thursdays from 9.30am–12.30pm.

*West Bridgford Advice Centre, St. Giles Church Hall, Stratford Road, West Bridgford, Nottingham NG2 6AZ.*

Telephone 0115 982 1475 (Wednesday mornings only)

Drop in Wednesdays from 10am–12pm.

## Sessions in Nottingham City

### Welfare Rights Service

*Loxley House, Station Street, Nottingham NG2 3NG*

Telephone 0115 9151355 (8.30am–4.50pm, Mon–Fri)

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

Phone the number above for an appointment. An advisor will ring you back to book the 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 then be made for further help if required. Drop in for employed people only on Thursdays from 3–7pm. Also have a drop in session at Basford Library on Thursdays from 2–4pm

### Bulwell Advice Centre

*Bulwell Riverside, Main Street, Bulwell, Nottingham NG6 8QN*

Telephone 0115 9151355 (main city welfare rights number)  
for an appointment.

For people who live in Nottingham city only.

### 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.

### Clifton Advice Centre

*Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham NG11 8EW*

Telephone 0115 9405551 for appointments.

Only for families living in Clifton, Wilford or Silverdale areas.

### Disability Direct

*6-7 Church Square, Maxwell Close, Lenton, Nottingham NG7 1SL*

Telephone 0115 9583948

Typetalk 18001 0115 9583948

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

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.

### Green way Centre Welfare Rights Drop In Session

*Greenway Centre, Trent Lane, Sneinton Nottingham NG2 4DF*

Telephone 0115 9103667 Wednesdays 10am–12pm

Czech and Polish Interpreters available.

**Meadows Advice Group**

*10–11, Blackstone Walk, Meadows, Nottingham NG2 2HQ*

Telephone 0115 9860197 for an appointment.

For people in Meadows and West Bridgford. Welfare rights and debt advice. Can see people from some other city areas if they are unable to get advice elsewhere. Drop in sessions Mon and Thu 10am–1pm. Asian language interpreters may be available.

**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. Cannot fill forms except for Disability Living Allowance and Attendance Allowance. Can help with appeals and provide representation at appeals hearings/court hearings for house repossessions etc. Cannot deal with Child Support Agency queries.

**St Anns Advice Centre**

*Neighbourhood Centre, Robin Hood Chase, St Anns, Nottingham NG3 4EZ*

Telephone 0115 9506867 for appointments.

## 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.

### Children's Legal Centre

*University of Essex, Wivenhoe Park, Colchester, Essex CO4 3SQ*

Family, Child and Education Legal Advice 0808 802 0008

Migrant Children's Legal Advice Line 0207 636 8505

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

*39–45 Cavell Street, London E1 2BP*

Telephone 020 7791 9800 (10am–5pm Mon–Fri)

Minicom 020 7791 9801

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, goods and services, disability discrimination, employment, welfare benefits. Online factsheets to download. Information can be provided in large print.

### Equality and Human Rights Commission

*3 More London, Riverside Tooley Street, London, SE1 2RG.*

Telephone 0845 604 6610

Textphone 0845 604 6620

Email [englandhelpline@equalityhumanrights.com](mailto:englandhelpline@equalityhumanrights.com)

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

Information about discrimination and human rights. Telephone advice if you think you have been treated unfairly because of disability (or other reasons eg. gender). Downloadable booklets about your rights.

### Family Rights Group

*The Print House, 18 Ashwin Street, London E8 3DL*

Advice Line 0808 801366 (Mon–Fri, 9.30am–3.30pm.  
24hr answer phone).

Email [advice@frg.org.uk](mailto:advice@frg.org.uk)

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

Can advise parents, friends or relatives in situations where social workers are involved in a child's life or where the parent/carer needs support from children's services. Advice is free and confidential. Support for grandparents and other relatives



raising children who cannot live at home and for families whose children are 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 76966925

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 Road, Birkenhead, Wirral CH41 1FN*

Helpline for children/young people 0300 330 3131 (Weekdays 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 in city of Nottingham only. Advocacy and representation at appeal hearings. People can be seen at the Law Centre or at Radford Health Centre. Appointments at Radford are on Thursdays 9.30–12 and must be booked through the Law Centre. People can also be seen by appointment on Wednesdays 9.30–12 at:

### **Greenfields Child Care and Training Centre**

*139 Russell Road, Forest Fields, Nottingham NG7 6GX*

Telephone 0115 962 6582 for appointments.

Interpreters cannot be provided for first appointments but may be provided for further appointments if you qualify for free legal advice.

**Victim Support**

*Alliance House, 6 Bishop Street, Leicester, LE1 6AF (regional office)*

Victim Supportline (national) 0845 3030900

East Midlands Team 0300 303 1947

Websit [www.victimsupport.org.uk](http://www.victimsupport.org.uk) (Follow area maps in the  
contact us section).

Free confidential information and emotional and practical support for victims of crime and witnesses.

There is further information on legal issues in the *Transition* section of this directory on pages 196-7.

## 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 loan via health or social services

Your physiotherapist, community nurse or occupational therapist (from Children and Family Services or NHS) will assess your child for the equipment they need. It will then 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 the Community Equipment Service (CES) below or ask your therapist to do this for you. 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.

## 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.

Email

[leisha.carter@nuh.nhs.uk](mailto:leisha.carter@nuh.nhs.uk)

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) 57560

Specialist child seating 57557

If you need a Major 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. Your therapist should arrange an appointment. For children in Mansfield, Ashfield, Newark and Sherwood.

### **Mobility and Specialist Rehabilitation Services**

*Northern General Hospital, Herries Road, Sheffield, South Yorkshire S5 7AU*

Telephone 0114 2715807

Supply and maintain wheelchairs, specialist seating etc. Your therapist should arrange an appointment. For children with a Bassetlaw GP.

### **Equipment on short term loan**

#### **Children's Short Term Equipment Loan Service (County)**

Contact your own occupational therapist or if you don't have one phone

*Children's Disability Occupational Therapy Service Duty Point*

Telephone 01623 433060

Email [childrenot.duty@nottsec.gov.uk](mailto:childrenot.duty@nottsec.gov.uk)

Specialist equipment is available for short term loan for use on holiday (in UK and abroad), for short breaks, leisure and social trips and school trips. Items include early sitting systems, hoists, manual transfer slings, portable safe space, Leckey Mygo and Maclaren Major buggies, stairclimbers, temporary ramps, toileting and bathing equipment and Bakare bed. 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 if possible 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 can be delivered by an occupational therapy worker or the Red Cross but it is advisable for families to collect larger items to check that they will fit in the family car. If a holiday/trip destination is within 20 miles of the Nottinghamshire border it may be possible for the equipment to be delivered there but this needs to be discussed on an individual basis.

#### **British Red Cross**

Short term loans of children's wheelchairs, ring to check availability. No lap belts.

Available from centres at:

*Humanity House, Colliers Way, Phoenix Park, Nottingham NG8 6AT*

Telephone 0115 8528029 (Mon 1:15pm–3pm, Tue 10am–11:30am, Wed 8:30am–1pm, Thu 9:30am–11:30am & 1pm–3pm, Fri 9:30am–11am)

There is also a limited delivery service available, for a small charge

*22A Tamworth Road, Long Eaton, Derbyshire NG10 1JJ*

Telephone 0115 9725900 (Mon, Tue, Thu, Fri 10–1, Wed 11–2)

*34-36 Heath Road, Ripley, Derbyshire DE5 3EN*

Telephone 01773 742108 (Monday & Friday 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 *Medical Equipment*)

### **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 radio aids, communication technology, listening aids for TV and MP3 players and other equipment to try out in their own homes. The equipment is updated regularly so that the latest aids are available. Parents need to join the NDCS to benefit from the loan service and the advice available on hearing aids etc but membership is currently (Nov 2012) 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. Shopmobility currently operates in:

<b>Nottingham Broadmarsh Shopping Centre NG1 6AE</b> and <i>Victoria Shopping Centre</i>	0115 915 3888
<b>Arnold Croft Road Car Park NG5 7DX</b>	0115 9661331
<b>Beeston Unit 17, The Square, Beeston NG9 2JG</b>	07503 895 010
<b>Mansfield Walkden Street Car Park NG18 1QN</b>	01623 655222
<b>Retford Chancery Lane Car Park DN22 6EU</b>	01777 705432
<b>West Bridgford Bridgford Car Park, Bridgford Rd NG2 6AT</b>	0115 9815451
<b>Worksop Priory Shopping Centre S80 1DG</b>	01909 479070

Some schemes are free, others make a small charge. Opening hours vary. A booklet is available from Disability Nottinghamshire with more details of these schemes and schemes in Derbyshire, Leicestershire, Lincolnshire and South Yorkshire – telephone 01623 625891 or find schemes nationally on [www.shopmobilityuk.org](http://www.shopmobilityuk.org)

## **Advice on choosing, finding 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.

### **Aidis Trust (computer technology)**

Floor 2, Richmond House, 15 Bloom Street, Manchester M1 3HZ

Telephone 0808 800 0009

Email [support@aidis.org](mailto:support@aidis.org)

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

Aidis gives advice, assessment, installation, training and support to disabled people wanting to use computers and specialist technology.

### **Disabilities Living Centre (general)**

*Middleton Court, Glaisdale Parkway, Glasidale Drive West, Nottingham NG8 4GP*

Telephone 0115 9855780

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

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

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. All ages. Manual wheelchair hire, RADAR keys for sale.

### **Disabled Living Foundation (general)**

*380–384 Harrow Road, London W9 2HU*

Helpline 0845 130 9177 (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/children](http://www.livingmadeeasy.org.uk/children)

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 beds, chairs, sensory toys, car seats, feeding and bathing equipment.

### **Get Cycling**

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

Downloadable *Bikes not Barriers Guide to Disability Cycling*. 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)

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, iPad technology etc.

### **Ricability (general)**

*Unit G03, The Wenlock Business Centre, 50–52 Wharf Road, London N1 7EU*

Telephone 020 74272460

Textphone 020 74272469

Email [mail@ricability.org.uk](mailto:mail@ricability.org.uk)

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

Free consumer guides giving independent unbiased information about products and services for people with disabilities. Includes guides on choosing a car.

## 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 (venue for 2013) in March. Large number of exhibitors covering mobility, seating, beds, toys, sensory equipment, 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 above will have lists of suppliers.

### Action on Hearing Loss (formerly RNID)

*19-23 Featherstone Street, London EC1Y 8SL*

Freephone 0808 808 0123

Textphone 0808 808 9000 (free)

Shop 01733 361199

Textphone 01733 238020

Email [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 344, Tadworth KT20 9DL*

Telephone 01737 888269

Website [www.anythingleft-handed.co.uk](http://www.anythingleft-handed.co.uk)

Sells products for left handed people, including scissors, rulers etc, games to help children develop hand skills.

### Crelling Harnesses for Disabled Ltd

*12 Crescent East, Thornton Cleveleys, Lancashire FY5 3LJ*

Telephone 01253 852298 Fax 01253 821780

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

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

Designer and manufacturer of restraints, including reins and car seat harnesses for disabled children, hyperactive children and adults with special needs. 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. Most products have switch access for those unable to use a mouse or keyboard. Software can incorporate communication symbols.

**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.

**Enuresis Resource and Information Centre (ERIC)***36 Old School House, Britannia Road, Bristol BS15 8DB***Telephone**

0845 370 8008 (24 hours)

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

Equipment to help with wetting and soiling e.g. mattress covers, alarms, absorbent pants, ages 5 up. Can buy online. For other details of ERIC's work see page 87.

**Fledglings***Wenden Court, Station Approach, Wendens Ambo, Saffron Walden CB11 4LB***Telephone**

0845 458 1124

**Fax**

0845 280 1530

**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 simple affordable solutions to practical problems. 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***Unit 5, 37 Erica Road, Stacey Bushes Trading Centre, Stacey Bushes, Milton Keynes MK12 6HS***Telephone**

01908 220909

**Email**[info@incarsafetycentre.co.uk](mailto:info@incarsafetycentre.co.uk)**Website**[www.incarsafetycentre.co.uk](http://www.incarsafetycentre.co.uk)

Provides car and bus seating for children with special needs, including seats for hip spica.

**Keytools Limited***2 Swangate, Charnham Park, Hungerford RG17 0YX***Telephone**

023 8029 4500



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

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

Computer equipment eg. special keyboards for children, mice, tracker balls, keyboards to work with iPads for people with disabilities.

### **Peta (UK) Ltd**

*Mark's Hall, Mark's Hall Lane, Margaret Roding, Dunmow CM6 1QT*

Telephone 01376 573 476 Mon-Fri 9am–5pm

Email [info@peta-uk.com](mailto:info@peta-uk.com)

Website [www.peta-uk.com](http://www.peta-uk.com)

The Easi-Grip range of adapted scissors including training, self-opening, long-loop, table-top and left handed. Books and work cards on developing children's scissor skills. Nail care products for people with reduced grip strength and control difficulties.

### **RNIB**

*105 Judd Street, London WC1H 9NE*

Helpline 0303 123 9999

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

Online shop for products for people who are blind or visually impaired including toys and games.

### **SenseToys**

*13 Barnsbury Terrace, London N1 1JH*

Telephone 0845 257 0849

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

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

Sensory toys for children with disabilities. Online shop.

## **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.

## **Custom made equipment**

### **Remap**

Telephone 0845 1300456

Local contact 0115 9143537 Mr C Fossey (Nottingham Panel)

Email (via the website)

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

Charity with a national network of volunteers who can make unique pieces of equipment to help people with disabilities where no readymade solution can be obtained.

## Paying for equipment

You may be able to get some funding from the Family Fund or Newlife Foundation (see page 148-9). You can use the mobility component of your child's DLA to buy a powered wheelchair. For more information see under *Mobility* in the *Transport* section of this directory.

The following organisations may also be of help.

### Charitable funding

#### 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 (Nov 2012)

#### Children Today Charitable Trust

*The Moorings, Rowton Bridge, Christleton, Chester, CH3 7AE*

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. wheelchairs, lifting equipment, sleep systems, car seats, trikes, educational toys) up to the age of 25. Will co-fund with other charities for expensive equipment.

#### Jonathan Young Memorial Trust

*10 Huntingdon Drive, Nottingham NG7 1BW*

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.

#### 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)

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. Aim to respond to applications very quickly.

### **Variety Club UK**

*Variety House, 93 Bayham Street, London NW1 0AG*

Telephone 020 7428 8100 (Wheelchair Coordinator)

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

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

Funding towards equipment such as wheelchairs (including electric and sports) trikes, car seats, specialist beds, sensory equipment for children and young people under 19 years of age

## **Charitable provision**

### **Whizz-Kidz**

*4th Floor Portland House, Bressenden House, Bressenden Place, London SW1E 5BH*

Telephone 0207 233 6600

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!**

*206 Norwood, Beverly, East Yorkshire HU17 9JA*

Telephone 01482 887163

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

Charity which helps children who use wheelchairs by providing practical wheelchair skills training, assessment and support to help them become more independently mobile at home and out of doors.

## **Accessibility**

### **Disabledgo**

*Ardent House, Gates Way, Stevenage SG1 3HG*

Telephone 0845 270 4627

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

National website of accessible venues.

## Changing Places Toilets

Available at Greyhound Street, Nottingham; Bramcote, Djanogly, Ken Martin and Victoria Leisure Centres; Nottingham Contemporary and Nottingham Ice Centre; Mary Potter Centre; Wollaton Park Courtyard

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 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. 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:

### Disability Nottinghamshire

Telephone 01623 625891 (other details in the Information and Advice Services section)

RADAR keys for people in Nottinghamshire County cost £2.50 (Nov 2012). You need to provide evidence of disability.

### Disabilities Living Centre

Telephone 0115 9855780 (more details on page 160)

Sell large or small headed.RADAR keys for £3.50.

### Disability Rights UK

Telephone 020 72503222 (more details on page 170)

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

Sells RADAR keys and publishes the National Key Scheme Guide. You can also buy the Radar National Key Scheme App from the itunes store which allows you to locate your nearest accessible toilet and gives directions by car, bus and or foot.

## Apps

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 or from:

### Netbuddy

[www.netbuddy.org.uk](http://www.netbuddy.org.uk) (under *Information Packs* then *Apps for the iPad*).

### IRIS

[www.askiris.org.uk](http://www.askiris.org.uk) also have lists on their website.

## Clothing and footwear

### **Able2Wear**

53 Donaldson Street, Kirkintilloch, East Dunbartonshire, Scotland, G66 1XG

Telephone 0141 7753738

Email [info@able2wear.co.uk](mailto:info@able2wear.co.uk)

Website [www.able2wear.co.uk](http://www.able2wear.co.uk)

Wheelchair and adaptive clothing for all ages, trousers specially cut to be worn sitting, trousers for people who have difficulty in managing zips and fastenings or with the use of only one arm. Products for people with swollen feet and legs, waterproofs and fleeces for child wheelchair users and accessories including pushing gloves.

### **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@eczemaclotthing.com](mailto:enquiries@eczemaclotthing.com)

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

Organic cotton clothing for children and adults with eczema, allergies and sensitive skin.

### **C-Pro Direct**

Unit 2 Black Robins Farm, Grants Lane, Edenbridge, Kent TN8 6QP

Telephone 0844 3356460

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 0845 1309177

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.

### **Fledglings**

Wenden Court, Station Approach, Wendens Ambo, Saffron Walden, CB11 4LB

Telephone 0845 4581124

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

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

Fledglings is a national charity which aims to assist parents and carers of disabled children by identifying, sourcing and supplying practical affordable products to address everyday issues. 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.

**Ideal Fit**

Telephone 0203 544 1666 or 07862234992  
 Email [randa@idealfit.co.uk](mailto:randa@idealfit.co.uk)  
 Website [www.idealfit.co.uk](http://www.idealfit.co.uk)

Made to measure clothes for children and adults and alterations. The company specializes in clothing for people with restricted growth but can also help anyone else eg. wheelchair users.

**Incy Wincy**

*9 Trafford Road, Reading RG1 8JP*

Telephone 0844 875 4645  
 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.

**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.

**OstoMART Ltd**

*1 The Carlton Business Centre, Carlton, Notts NG4 3AA*

Telephone 0800 220300  
 Email [orders@ostomartstore.co.uk](mailto:orders@ostomartstore.co.uk)  
 Website [www.ostomartstore.co.uk](http://www.ostomartstore.co.uk)

Swimwear for children with continence difficulties.

**PS Healthcare**

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**

*Unit 16, Town Yard Industrial Park, Leek, Staffordshire ST13 8BF*

Telephone 01538 381430  
 Website [www.disabled-clothing.co.uk](http://www.disabled-clothing.co.uk)

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

Clothing for children with special needs, including swimwear, popper school polo shirts. Outerwear and age appropriate bibs etc. for adults. Online shop.

### **Seenin**

*Seenin Designs, Aydon South Farm, 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.

### **Sheerlines**

*Unit 15 Gainsborough Trading Estate, Rufford Rd, Stourbridge, West Midlands DY9 7ND*

Telephone 01384 375600

Email [brian@sheerlines.co.uk](mailto:brian@sheerlines.co.uk) or [margaret@sheerlines.co.uk](mailto:margaret@sheerlines.co.uk)

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

Nottinghamshire County Council have a Community and Accessible Transport section on their website

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

This lists accessible taxi companies and has a searchable database of community transport schemes where you can enter your starting point, your disability transport needs and the reason for your journey. There are also links to the information on Blue Badges.

The Disabled Persons Transport Advisory Committee have produced a guide to accessible transport which you can view or download at

[dptac.independent.gov.uk/pubs/at/pdf/accessibletravel.pdf](http://dptac.independent.gov.uk/pubs/at/pdf/accessibletravel.pdf)

With the government website move from [www.direct.gov.uk](http://www.direct.gov.uk) to [www.gov.uk](http://www.gov.uk) some links may be out of date but the guide is quite new (Oct 2012)

Updated information about using powered wheelchairs on the road is now available from [www.gov.uk](http://www.gov.uk) in the *Driving, Transport and Travel* section under *Vehicle and Boat Safety*.

## Disability Rights UK

12 City Forum, 250 City Road, London, EC1V 8AF

Telephone 020 72503222

Email [enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)

Websites [www.radar.org.uk](http://www.radar.org.uk) or [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

Specialist information service for disability issues including transport, mobility, access. Factsheets available including 'Doing Transport Differently' and 'Get Motoring: finding and financing your car' (2008)

Disability Rights UK is a merger of Disability Alliance, National Centre for Independent Living and Radar.

## Transport for London

TFL Customer Services, 4th Floor, 14 Pier Walk, London, SE10 0ES

Telephone 0843 222 1234 (24 hour)

Textphone 020 7918 3015

Congestion charge enquiries 0845 9001234

Email [travinfo@tfl.gov.uk](mailto:travinfo@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.



**Transport Direct**

Website [www.transportdirect.info](http://www.transportdirect.info)

Free online journey planner website. Car routes, public transport, flights.

**Traveline**

Telephone 0871 2002233 (7am–9pm)

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 0845 130 4542

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), or with driving lessons for parents or for young people with disabilities. More details about Family Fund are on page 148)

**Cars****Driving/learning to drive/getting a car**

Family Fund (above) and Motability (see page 172) may be able to help with cost of lessons.

**BSM**

Telephone 0800 316 3699

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

Driving lessons for people with disabilities, adapted cars.

**Derby DrivAbility**

*Kingsway Hospital, Kingsway, Derby DE22 3LZ*

Telephone 01332 371929

Email [driving@derbyhospitals.nhs.uk](mailto:driving@derbyhospitals.nhs.uk)

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

Information for people with disabilities wanting to start or return to driving.

Assessment of driving ability, wheelchair hoistage and stowage assessment, advice on adaptations required. Advice for carers driving passengers with disabilities.

Charges for assessments. Appointments must be made.

**William Merritt Mobility Service**

*St Mary's Hospital, Green Hill Road, Armley, Leeds LS12 3QE*

Telephone 0113 3055288

Email [mobility.service@nhs.net](mailto:mobility.service@nhs.net)

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

Assessments, impartial advice and information on driving ability, driver adaptations, passenger/car access, wheelchair accessible vehicles, powered wheelchairs, scooters, wheelchair/scooter stowage

### **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 and Campaigns. Members receive a magazine and have access to advice and discounts. Intending (Aug 2012) to set up a database of driving instructors who teach people with disabilities.

### **Motability**

*City Gate House, 22 Southwark Bridge Road, London SE19HB*

Telephone 0845 4564566 (car scheme)

Minicom 0845 6750009

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

(contains some information in range of languages)

National charity, which helps people with disabilities who are receiving the higher rate mobility component of DLA to become mobile. New cars and powered wheelchairs can be leased through the scheme. Some adaptations can be provided free when you start your lease. There is more information about adapting your car on the website or you can phone for a guide. Motability may also be able to provide limited assistance with the cost of initial 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, aged 16–24 you may be able to get help with the cost of driving lessons.

Second hand Motability/adapted vehicles are now available through the Motability scheme (nearly new with a lower advance payment) or may be available through car dealers or are auctioned. 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 (Aug 12)

There are several online car dealers specialising in adapted vehicles e.g.

### **Mobility Nationwide**

Telephone 01824 707773

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

### **Gowrings Mobility**

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

## Adapted vehicle hire

Adapted vehicles can be hired from some commercial firms eg.

### Adapted Vehicle Hire

Telephone 0845 257 1670  
Website [www.adaptedvehiclehire.com](http://www.adaptedvehiclehire.com)

### Allied Mobility

Freephone 0800 916 0015 (rental)  
0141 336 3018 (main office)  
Website [www.alliedmobility.com](http://www.alliedmobility.com)

## Exemption from road tax (Vehicle Excise Duty)

Parents or carers of children receiving the higher rate mobility component of Disability Living Allowance 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. You will need your child's Certificate of Entitlement to DLA to apply for the tax disc, which needs to be issued at a post office but can then be renewed by phone. Young people with disabilities receiving higher rate DLA who have their own car should also be exempt. 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 a specially designed vehicle or one which has been adapted prior to delivery to accommodate a wheelchair user, you may not need to pay VAT. More details at [hmrc.gov.uk](http://hmrc.gov.uk) under VAT in the *Businesses and Corporations* section then *Consumers and VAT* or telephone 0845 302 0203 (option 1)

## Parking/Blue Badges

The Blue Badge Scheme provides parking concessions for people with severe walking difficulties who travel either as drivers or passengers. This national scheme also applies to registered blind people, and people with very severe upper limb disabilities who regularly drive a vehicle but cannot operate all or some types of parking meter and to people who receive the higher rate mobility component of DLA (see page 142). It allows badge holders to park close to their destination, but the national concessions apply only to on-street parking. Your child must normally be 2 years old or above. However 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 (2012) is now set at a maximum of £10 and the local authority will

carry out independent assessments of applicants who do not have an automatic entitlement. (if your child receiving higher rate mobility component of DLA or is registered blind they will be automatically entitled).

For more information or to apply for a badge contact:

### **Blue Badge Scheme (City)**

*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)

Downloadable application forms (use A-Z index to find Blue Badge Scheme) or phone for a form.

### **Blue Badge Scheme (County)**

Telephone 0300 500 8080

Websites [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) under *Travelling* then *Disabled Parking* (for information)

[www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge) (to apply for the badge)

You can also apply by phone or call in at customer service points (see page 208-9)

For general questions about the Blue Badge:

### **Blue Badge Initial Enquiry Support Service**

Telephone 0844 863 0213

Email [bluebadge@northgate-is.com](mailto:bluebadge@northgate-is.com)

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 Network**

*198 Wolverhampton Street, Dudley, West Midlands, DY11DZ*

Telephone 07964590060

Email [headoffice@bluebadgenetwork.org.uk](mailto:headoffice@bluebadgenetwork.org.uk)

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

Sells stickers asking other drivers to leave room for people with disabilities to get in and out.

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 01623 434519

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)

These permits are only valid within the city boundary.

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)

## 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 for some disabled people. 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

You can get help with transport costs to your child's hospital appointments if you receive child tax credit and your income (on your tax credit award notice) is £15,276 or less. If you are eligible via tax credits you should automatically 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 0345 300 3900. 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 website [www.nhsbsa.nhs.uk](http://www.nhsbsa.nhs.uk) under *Help with health costs* or ring them on 0845 8501166.

It is not yet known (Nov 2012) what will happen when Child Tax Credits are replaced by Universal Credit in 2013 but information should be made available via the Child Tax Credits helpline 0345 300 3900 as it becomes known.

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. There is a non-emergency transport service for Nottingham University Hospitals (excluding the Children's Development Centre) but you cannot book this yourself. The service is provided by Arriva (a health professional needs to call 0845 266 9662 for you.)

## Transport to school

See page 63.

## Special transport schemes

### Dial-a-Ride (City only)

Telephone

0115 9691801

Website

[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) (under *Transport and Streets, Public Transport, Accessible Public Transport*)

Door-to-door transport for people who live in the city with physical or learning disabilities who are unable to use public transport. City scheme is available 8.30am–11.30pm 7 days a week except bank holidays (limited service Christmas Day) You must join the scheme before using it.

## 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. You usually need to register with a scheme before you can start to use it and there is normally a fee per mile. Details vary from scheme to scheme. Parents or carers would normally need to accompany a child. We have included details of some schemes here for those with limited internet access. However the best way to find community transport in Nottinghamshire is via

### TATA

Website

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

### Schemes:

Ashfield Voluntary Action	01623 555551 social car scheme
Bassetlaw	01777 709650 <a href="mailto:carscheme@bassetlawactioncentre.org.uk">carscheme@bassetlawactioncentre.org.uk</a> Mon-Fri 9.30am–12.30pm. Car scheme and community minibus.
Collingham (car scheme)	01636 893001. Only transport patients registered with Collingham Medical Centre
Cropwell Bishop (car scheme)	0115 9892170
East Leake (car scheme)	01509 8527997
Eastwood (car scheme)	01773 535255 or 537892 <a href="mailto:transport@evbvols.org.uk">transport@evbvols.org.uk</a>
Gedling (car scheme)	0115 9871981 <a href="mailto:transport@gedlingcvs.org.uk">transport@gedlingcvs.org.uk</a> children under 14 must be accompanied. Covers Gedling borough.
Hucknall (car scheme)	0115 963726 Open Mon–Thu 10am–1pm for bookings
Keyworth & District Community Concern	0115 9142010 Minibus hire for groups.
Kirkby Community Centrepoint	01623 751269 <a href="http://kirkbyccp.co.uk">kirkbyccp.co.uk</a> Minibus hire.
Our Centre (Kirkby in Ashfield)	01623 753192 <a href="mailto:info@ourcentreashfield.co.uk">info@ourcentreashfield.co.uk</a> Car scheme, wheelchair accessible minibus hire, Ring and Ride—local scheme similar to Dial a Ride.

Newark Door2Door

01636 611220

door2door@nandscvs.org

[www.nanscvs.org/community-car-scheme](http://www.nanscvs.org/community-car-scheme)

available to anyone with a disability or over 60 in Nottingham and Sherwood district  
further details on website.

Newark and Sherwood Transport to Health 01636 610773

(not available for those with an NG24 postcode). Offers transport to health facilities  
eg. GP or optician but not to hospitals.

Rushcliffe

0115 9699060

(covers whole borough)

transport@rushcliffecvs.org.uk

Ravenshead Community Project

01623 490888

(timetabled community bus)

Soar Valley Bus

01509 672778 (low floor)

(Community bus)

soar.valleybus@btconnect.com

Stapleford, Beeston &amp; South Broxtowe

0115 9491175

Social Car Scheme

transport@thehelpfulbureau.org.uk

Thorney (car scheme)

01526 860435

(8.30–6pm Mon–Fri to book)

ded.duffy@btinternet.com

Tuxford &amp; surrounding area

01777 872501

(car scheme)

dialatrip@tuxfordonline.co.uk

## Trains

### Rail Travel Made Easy

Website

[www.railtravelmadeeasy.co.uk](http://www.railtravelmadeeasy.co.uk)

This website is produced by the Association of Train Operating Companies for people with disabilities and allows you to plan your journey and book assistance online. As you enter your requirements, the accessibility of each station is checked for you. The site includes a database of accessible stations and links to help you check a station in detail (ramps, accessible toilets, accessible taxis etc.) You can also check facilities at stations by ringing National Rail Enquiries:

### National Rail Enquiries

Telephone

08457 48 49 50

Textphone

0845 6050 600

Website

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### Contact details for train companies operating in Nottinghamshire

Phone numbers are for booking assistance, checking size of wheelchair spaces etc.

**Cross Country Trains**

Telephone 0844 8110124  
 Textphone 0844 8110125  
 Website [www.crosscountrytrains.co.uk](http://www.crosscountrytrains.co.uk)

Travel assistance can be booked by phone or via the website.

**East Coast**

Telephone 08457 225225  
 Text Relay 18001 08457 225 225  
 Website [www.eastcoast.co.uk](http://www.eastcoast.co.uk)

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. Full guide to all assistance available is on the website.

**East Midland Trains**

Telephone 08457 125678  
 Textphone 18001 08457 125678  
 Email [getintouch@eastmidlandtrains.co.uk](mailto:getintouch@eastmidlandtrains.co.uk)  
 Website [www.eastmidlandtrains.co.uk](http://www.eastmidlandtrains.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 08450 710222 (to arrange assistance)  
 Website [www.hulltrains.co.uk](http://www.hulltrains.co.uk)

Travel assistance can be booked in advance and standard sized wheelchairs can be carried on all trains. Disabled toilets.

**Northern Rail**

Freephone 0808 1561606 (Disability assistance)  
 Textphone 0845 6045608  
 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 accessibility of stations.

**Railcards****Disabled Persons Railcard**

*Disabled Persons Railcard Office, P O Box 11631, Laurencekirk AB30 9AA*

Telephone 0845 6050525 (7am–10pm)  
 Textphone/minicom 0845 6010132  
 Email [disability@atoc.org](mailto:disability@atoc.org) or phone  
 National Rail Enquiries 08457484950  
 Textphone 08456050600  
 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. 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. Discounts on London Underground, certain buses etc. You can download a form from the website. The Railcards are not valid for use in any part of Ireland or on the Eurostar. Eligibility for over 16 year olds will change as Personal Independence Payments are introduced but details are not known at present (Nov 2012).

### **Family and Friends Railcard**

*The Railcard Team PO Box 547, Pitsford, Northampton, NN6 9XQ*

Website [www.familyandfriends-railcard.co.uk](http://www.familyandfriends-railcard.co.uk)

The Family and Friends Railcard is a national product which provides discounted rail travel for a family group. It costs £28 for 12 months from any staffed station ticket office. The family group must include at least one adult and one child aged 5–15 years. Up to 4 adults and 4 children 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 from East Midlands Trains.

## **Buses**

Concessionary bus passes for people with disabilities can be obtained from your local council. At present you can use the pass on local buses anywhere in England.

### **County:**

Download an application form from Travelling section at [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) or pick up a form from a customer service point or your local library or phone 0300 500 80 80. The pass provides free travel and free tram travel 9.30am–4pm, 6–11pm Mon–Fri, all day weekends. Free travel may be available for a companion for people who are blind or have severe disorders.

### **City:**

*City Card Team PO Box 10096 Nottingham NG2 9ND*

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. Forms are available to download from the website or from Travel Centre, South Parade, Nottingham, Broadmarsh Bus Station or your local city library. Applicants may be given an appointment with an independent assessor – this should be done within 2 weeks.

All Nottingham City Transport buses and Trent Barton buses are low floor. Most have wheelchair spaces. Audio announcements are being introduced on Nottingham City Transport. Some bus stops have tactile buttons which help people with visual impairments identify the correct stop in a series of bus stops eg. in the city centre.

## Coaches

### National Express

Helpline

08717818179 (for assisted travel)

Website

[www.nationalexpress.com](http://www.nationalexpress.com)

## Trams

### Nottingham Express Transit

*NET Depot, Wilkinson Street, Nottingham NG7 7NW*

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. Also help and stop request buttons. Timetables available in Braille/large print. Guide 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. Work is ongoing until late 2014 to expand the tram network via Wilford to Clifton and via QMC to Chilwell.

## Taxis

Taxis and audible private hire vehicles must carry guide dogs and other prescribed assistance dogs free of charge. Dogs should remain on the floor and under control and wear harnesses or jackets. Many taxi firms now have some wheelchair accessible vehicles, in both city and county. You can search for accessible taxi companies in different areas on the TATA Community Transport website at [tata.nottinghamshire.gov.uk](http://tata.nottinghamshire.gov.uk)

## Flights and airport parking

The website [www.parkat.co.uk](http://www.parkat.co.uk) has useful information in the *Disabled* section about flying with a disability.

Manchester Airport produces an 'Airport Awareness' guide to help prepare a child with autism for their flight. You can download it from [www.manchesterairport.co.uk](http://www.manchesterairport.co.uk) (search for autism). The airport may be able to send you a hard copy.

## Transition: leaving school, moving to adult services

Planning for your child's future—the transition process—should begin when they are between 13 and 14 years of age.

At present, (Nov 2012) if your child has a statement of special educational needs, you will have been invited to an Annual Review meeting at their school each year. When your child is in Year 9, the Annual Review meeting will include drawing up a 'Transition Plan'. If your child has a statement but does not attend school, the local authority will arrange the meeting. Note that a statement of special educational needs remains in force until the young person reaches the age of 19 years, as long as they are in a school.

If your child receives the level of help called 'School Action Plus' the school should consider drawing up a 'Transition Plan' during one of their Individual Education Plan (IEP) review meetings in Year 9.

The Transition Plan helps young people to prepare for the move from their school, to the place which will be most appropriate for meeting their needs when they are between 16 and 19 years of age. This may be:

- At the same school, or a different one.
- College, (including Residential College)
- Employment
- A Day Centre
- Supported Living
- Staying at home with their parents/carers
- Residential Care Home
- An individual plan

Staff from your child's school, education, health and social care services can be involved in the Annual Review meeting at which the Transition Plan is drawn up.

**In the City** there will also be a Futures Careers Advisor who can support your child from ages 13–19 in finding work, training or entering further education.

**In the County** there will also be a member of the Targeted Support Team, see page 79 who can support your child, up to the age of 18, in finding work, training or entering further education.

It is very important that your child is included in the discussions about their future, and that their views are sought, and taken into account. This includes where they might live, their aims and hopes for the future, their hobbies and leisure interests. Young people who have communication difficulties may need to be represented by someone they know and trust, who can advocate on their behalf. The different agencies involved should work together and support the young person to achieve their aims.

The Transition Plan will be reviewed every year and updated to take into account any changes, for example:

- benefit entitlements
- health needs
- moving from children's services to adult health and social care services.

## Education Health and Care Plans (EHC Plans)

It should be noted that the government is currently (Nov 2012) proposing to reform provision for children and young people who have special educational needs. Under these proposals, children and young people who have special education, health and care needs may be assessed by the local authority, who may then decide to produce a combined Education, Health and Care Plan for them. This plan would replace statements of special educational needs and Learning Difficulty Assessments. It would set out the needs, desired outcomes and the special education, health and social care provision required for the individual. The plan would be reviewed annually and at key transition stages, and would continue until the young person reached 25 years of age, as long as they were in Further Education.

Under the proposals Colleges of Further Education, academies and free schools would have the same duties as maintained schools: to safeguard the education of children and young people with special educational needs, thus increasing their rights and legal protection beyond school and into post-16 provision.

All young people and parents of children with an EHC Plan would have the option of holding a personal budget, giving them greater choice and control over how their support was delivered.

Children who have health and social care needs but not special educational needs would not be included under present proposals. More information is available on page 57.

## Resources to help with transition planning

### **Transition toolkit: Helping you support a child through change**

is available to download from the website of the Autism Education Trust. [www.autism-educationtrust.org.uk](http://www.autism-educationtrust.org.uk) It includes practical strategies to support transition periods as well as a list of useful links to other organisations and support materials.

### **Preparing for adult life and transition**

a booklet produced by Contact a Family, can be downloaded at: [www.cafamily.org.uk](http://www.cafamily.org.uk) The booklet includes information about the Transition Plan, education, employment, financial help etc

### **Progress: positive transition planning for young adults with additional needs**

a magazine published 3 times a year in January, May and September. Each issue includes 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. Copies are available from the Information Service at the Children's Development Centre, City Hospital. Alternatively the current edition is available to view on the website [www.progressmagazine.co.uk](http://www.progressmagazine.co.uk), where it is also possible to set up an online subscription.

### **The Transition Information Network**

provides a website for parents, carers and staff. There is also a young people's section with information, news and events. [www.transitioninfonetwork.org.uk/home1.aspx](http://www.transitioninfonetwork.org.uk/home1.aspx)

## Support services for young people and adults with learning disabilities

Following an assessment of their needs, young people who have a learning disability may get help with finding somewhere to live, health issues, looking after their money, going to college, work, a day service, leisure activity etc. Carers may also get help. Depending on a person's income, they may have to pay for some services. For more information or to arrange an assessment:

In Nottingham City (North) contact the

*Community Learning Disability Team, Mary Potter Centre, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY*

Telephone 0115 883 8588

In Nottingham City (South) contact the

*Community Learning Disability Team, Clifton Cornerstone, South Church Drive, Clifton, Nottingham NG11 8EW*

Telephone 0115 8786270

In Nottinghamshire contact your local Community Learning Disability Team:

Ashfield 01623 785473

Bassetlaw 01909 535360

Broxtowe 0115 9175800

Gedling 0115 8546232

Mansfield 01623 436640

Newark 01636 685927

Rushcliffe 0115 8783579

(For those under the age of 18, contact

Customer Services 0300 500 80 80

(Mon–Fri 8am–8pm, Sat 8am–12 noon)

## Support services for young people and adults with physical disabilities and/or sensory impairments

For some of these services young people will need an assessment to see if they are eligible to receive them. Services might include: support at home (eg equipment), help with benefits, finding employment etc. You can also get help if you are a carer. Depending on a person's income they may have to pay for some services:

If the young person has a physical disability and lives in the City of Nottingham,

### **Adult Contact Team**

*76 Gregory Boulevard, Hyson Green, Nottingham NG7 5HY*

Telephone 0115 883 8460,

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

Available 8:30am–5:00pm Monday to Thursday, and from 8:30am–4:30pm on Friday.

They can arrange an assessment to find out about the help to which they may be entitled. If they are eligible for council-funded support, Self-Directed Support gives them

the option of deciding how the Personal Budget for their care is spent. The Adult Contact Team can provide more information.

If the young person has a visual impairment, hearing impairment, or difficulties with both vision and hearing and lives in the City of Nottingham,

### **Adult Sensory Team**

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

Tel (Voice) 0115 883 8550 Mon–Fri 8.30am–4.50pm.

Minicom 0115 883 8590

SMS (mobile text) 07985 889 387 Office hours only

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

If the young person has a physical disability and/or sensory impairment and lives in the County, contact Customer Services for more information and to arrange an assessment

Telephone 0300 500 80 80

(Mon–Fri 8am–8pm and Sat 8am–12 pm)

Minicom 01623 434 993

If the young person is eligible for support, a personal budget to pay for their care, is provided. There are options as to how this can be managed, and your social worker will explain these to you.

### **Adult Deaf and Visual Impairment Service (ADVIS) (County)**

May be able to loan equipment and/or provide practical help. Contact as above.

## **Disabled Person's Registration Card (County)**

If a young person meets the required criteria, this card is a means of proving that they have a significant disability and need to use facilities provided for disabled people. The cards are free and valid for 6 years. There is also space on the card for you to write an emergency contact number. Application forms are available on the County Council website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk). Alternatively ring Customer Services 0300 500 80 80 or ask at a customer service point [www.nottinghamshire.gov.uk/thecouncil/contact/offices/customer-service-points/](http://www.nottinghamshire.gov.uk/thecouncil/contact/offices/customer-service-points/)

Applicants will need to provide evidence of their disability (eg receipt of Disability Living Allowance) and a passport style colour photograph, signed on the back.

## **Services for adults with Asperger's Syndrome, their families and carers**

### **City and County: (Norsaca) Autism Outreach Service**

Website [www.norsaca.org.uk/our-services/supported-living-and-outreach/](http://www.norsaca.org.uk/our-services/supported-living-and-outreach/)

Specialist workers provide support for individuals with autism 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.

**City: Nottingham City Asperger Service**

*Department of Learning Disabilities, Highbury Hospital, Highbury Road, Bulwell, Nottingham NG6 9DR*

Telephone: 0115 854 2207

Website [www.nottinghamshirehealthcare.nhs.uk/our-services/local-services/specialist-services/learning-disability-services/nottingham-city-asperger-service/](http://www.nottinghamshirehealthcare.nhs.uk/our-services/local-services/specialist-services/learning-disability-services/nottingham-city-asperger-service/)

Provides NHS services for adults (from the age of 18 years) with a diagnosis (or suspected diagnosis) of Asperger syndrome, who do not have an additional learning disability. Adults must reside in the city locality, or have a city GP. Contact for further information including how a referral can be made.

**County: Adults with Asperger's Team**

Telephone referrals 0300 500 80 80 (Mon–Fri 8.30am–5pm and Sat 8.30am–12noon)

Email [enquiries@nottscg.gov.uk](mailto:enquiries@nottscg.gov.uk)

Website [www.nottinghamshire.gov.uk/caring/adultsocialcare/whoneedssupport/aspergers/aspergers-team/](http://www.nottinghamshire.gov.uk/caring/adultsocialcare/whoneedssupport/aspergers/aspergers-team/)

Offer advice and assistance in obtaining a diagnosis, community care assessments, carer's assessments, social support from the team and befrienders, assistance in obtaining the correct benefits, accessing further education and employment, finding suitable accommodation etc. Services provided for adults (from the age of 18 years) with a diagnosis (or suspected diagnosis) of Asperger syndrome, who do not have an additional learning disability. Adults must reside in the county, and have had a community care assessment.

**Bassetlaw Drop In**

See pages 89-90.

**Adults with ADHD (and their carers)****Support Group for Adults with ADHD**

Telephone 0115 9822573

On the last Monday of the month at 7pm–9pm. Offers support, understanding friendship and coping strategies. Venue varies. Contact for details.

**Adult carer support****Carer's Federation**

*Christopher Cargill House, 21-23 Pelham Road, Nottingham NG5 1AP*

Telephone 0115 962 9310

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

A free confidential support and information service for adult carers

**Clothing and footwear**

See section in this Directory page 167-169.

## Counselling for young people

See *Other counselling services* in the *Health* section of this directory: Base 51, CASY, WAM, page 27.

### Centre Place

*Abbey Street Community Centre, Abbey Street, Worksop S80 2LA*

Telephone 01909 530943

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

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 in that area. You can be referred by your doctor, support worker, social worker or any agency or person who is offering you support, or you can refer yourself. To make a referral, call Talkzone on the above number, or The Centre Place on 01909 479191.

### Norsaca Counselling Service

For individuals with high functioning autism (usually 16 years and above), as well as carers and family members of people who have an autistic spectrum disorder.

Specialist service delivered by a counsellor who has extensive knowledge of autistic spectrum disorders. Contact to request a free initial assessment on 0115 976 1805.

## Day services

Provide recreational activities, friendship, and support in community settings across the city and county. Contact your local Community Learning Disability Team or Adult Contact Team (above) for more details about eligibility and access. The following are examples of services provided:

### Acorn Resource Centre

*The Mary Potter Centre, 76 Gregory Boulevard, Nottingham, NG7 5HY*

Telephone 0115 8838070

Day services (activities and social events) for people aged 18 and above, with physical or sensory impairments. Referral via your social worker or occupational therapist.

### Martin Jackaman Day Centre

*Robinswood Road, Aspley, Nottingham NG8 3LD*

Telephone: 0115 8761030

Following assessment, adults 18 years and above who have learning disabilities may be referred to this Centre. A hydrotherapy pool will be available during 2013.

### Norsaca's Day Services

*Hamilton Lodge Day Services, 10 Hamilton Road, Sherwood Rise, Nottm. NG5 1AU*

Telephone 0115 924 5887

*Mundy Street Day Services, Mundy Street, Heanor, Derbyshire DE75 7EB*

Telephone: 01773 765949

*Raines Avenue Day Service, 91-93 & 97-99 Raines Avenue, Worksop, Nottinghamshire S81 7PA*

Telephone 01909 542855



*Tall Trees Day Service, Rectory Road, Retford, Nottingham DN22 7AY*

Telephone

01777 860101

Website

[www.norsaca.org.uk/our-services/day-services/](http://www.norsaca.org.uk/our-services/day-services/)

For young people and adults (aged 16 years and above) who have autism. Individual plans of activities based on the service user's needs, interests and abilities. Help to develop existing and new skills within a supportive environment – creative skills, work skills, life skills and community based activities such as shopping, using public transport going to cafes and restaurants. An application form is available to download from the website.

Nottinghamshire County Council Day Services are currently (Dec 2012) undergoing transformation. Contact your local your local Community Learning Disability Team for details.

### **Southwell Care Project**

*Southwell Pod, 14 Westgate, Southwell, Nottinghamshire, NG25 0JH*

Telephone

01636 819066

*Newark Pod, Barnby Gate, Methodist Church Hall, Newark, Nottinghamshire NG24 1PZ*

Telephone

01636 671939

*Mansfield Pod, St John's Church Hall, St John's Street, Mansfield, Notts. NG18 1QH*

Telephone

07713 498708

Website

[www.southwellcare.org](http://www.southwellcare.org)

For adults with learning disabilities. Activity sessions every week, including pottery, computers, cookery, dancing, music/singing, etc. These activities can be self-funded or paid via personal budgets. Contact as above to make an appointment to join these sessions at one of the venues.

*Flower Pod, Brackenhurst College, Southwell, Nottinghamshire NG25 0QF*

A horticultural social enterprise, providing day service opportunities in an English grown cut flower business.

## **Education**

See also *Financial help* in this section on page 194.

When your son or daughter leaves school they may wish to continue their education, start a training course, or get a job. The following organisations, local colleges and services may be able to help:

### **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. The building has good access for students with physical disabilities. Additional Support is available for students who have additional needs

**Central College Nottingham (formerly South Nottingham College)**

Telephone 0115 9146414  
 Email [enquiries@snc.ac.uk](mailto:enquiries@snc.ac.uk)  
 Website [www.snc.ac.uk](http://www.snc.ac.uk)

Centres in Basford, Beeston, Clifton, Highfields (University Boulevard), Nottingham City, Ruddington, Stapleford, West Bridgford. Offers a range of full and part-time courses and training opportunities. Additional Learning Support available for students who have disabilities and other needs. Developing wider support for young people with autism including an autism specific course, Foundation studies.

**Disability Rights UK**

*12 City Forum, 250 City Road, London, EC1V 8AF*

Telephone 0800 328 5050 (Students Helpline, Tue 11.30–1.30,  
 Thu 1.30–3.30)

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

They can provide advice to disabled students and answer post-16 education and training enquiries from disabled students or professionals working with disabled students.

**Dukeries College and Complex**

*Whinney Lane, New Ollerton, Newark, Nottingham NG22 9TD*

Telephone 01623 860545  
 Email [college@dukeries.notts.sch.uk](mailto:college@dukeries.notts.sch.uk)  
 Website [www.dukeries.notts.sch.uk](http://www.dukeries.notts.sch.uk)

Provides a programme to help people (18 years and above) with mild to moderate learning difficulties and disabilities develop 'Skills for Independent Living'. The course is made up of different units and students can enrol on all, or just some, of the subjects offered. Facilities at the Dukeries Complex, such as the farm, the riding school and the cookery rooms are used, to give practical experiences to students.

**Landmarks**

*Upper Mill Farm, Creswell, Worksop, Nottinghamshire S80 4HP*

Telephone 01909 724724  
 Email [info@landmarks.ac.uk](mailto:info@landmarks.ac.uk)  
 Website [www.landmarks.ac.uk](http://www.landmarks.ac.uk)

A small Specialist College for people with learning difficulties and disabilities. The college offers a wide range of programmes which are individually tailored to meet a variety of needs.

**New College Nottingham**

Telephone 0115 9100 100  
 Website [www.ncn.ac.uk](http://www.ncn.ac.uk)

Campuses across Nottingham City, and in Hucknall. Courses for adults (19 years and above), including workskills, apprenticeships, courses in the community, preparation for university. Lifts, accessible cafes, disabled toilets and loop systems are installed at all the main campuses. Contact the Additional Learning Support Team as soon as possible, if you will need additional help on your course (eg adapted learning materials, if you have mobility needs etc) Note takers, access to specialist equipment etc can be arranged. Email: [als@ncn.ac.uk](mailto:als@ncn.ac.uk).

There is also a Deaf Access Team at the College:

Telephone 0115 953 1406  
Text 0781 731 0183  
Email [deafaccessteam@ncn.ac.uk](mailto:deafaccessteam@ncn.ac.uk)

### **North Nottinghamshire College**

*Carlton Road, Worksop, Nottingham S81 7HP*

Telephone 01909 504504 (main college)  
Telephone 01909 504500 (Student Services: course enquiries,  
general advice)

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

Provides a range of courses – full and part-time, apprenticeships etc. Offers additional learning support if needed, to help with personal or learning needs. For example: extra support in classes, one-to-one support with assignments, assistive technology resources. Contact the Additional Learning Support Team for more information.  
Telephone 01909 504753

### **Portland College**

*Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ*

Telephone 01623 499111  
Website [www.portland.ac.uk](http://www.portland.ac.uk)

Portland College is a national specialist residential college for people (16 years upwards) with disabilities. Students are supported to concentrate on key goals in their lives such as gaining employment, moving towards independent living or progressing to further study. There is specialist provision for students who have autism.

### **Vision West Nottinghamshire College (formerly West Nottinghamshire College)**

Telephone 0808 100 3626 (Enquiries)  
Website [www.wnc.ac.uk](http://www.wnc.ac.uk)

Centres in Mansfield and Sutton in Ashfield areas. Additional learning support available for students who have a wide range of learning needs.

## **National Specialist Colleges**

### **Association of National Specialist Colleges**

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

The Association for independent specialist colleges which provide further education for young people with learning difficulties and/or disabilities. Specialist colleges can give a first taste of real independence and through personalised learning and support they help young people to achieve their aspirations for adult life—to live independently, to be active in the community or to work. The website includes a searchable online directory of colleges, which is a general guide only. It is important to check with each college with regard to funding and application arrangements. To request a directory:

Telephone 0121 428 5050  
Email [allformats@qac.ac.uk](mailto:allformats@qac.ac.uk)

## Employment, training and work experience

Some of the services available:

### Brooke Farm

*Brooke Farm, Main Street, Linby, Nottingham NG15 8AE*

Telephone 0115 9632638

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

Provides employment and training for people with learning disabilities. Everyone is supported according to their 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.

### Disability Employment Adviser (DEA)

Based at local Job Centre Plus offices, (search for your nearest one at [www.gov.uk](http://www.gov.uk)) the DEA can help people to find a job or gain new skills. They can also carry out an 'employment assessment', based on a young person's skills and experience, and the kind of roles in which they are interested.

The DEA can help young people to access Work Choice, for example. This is a voluntary programme available to young people who are disabled and meet certain criteria. Work Choice can help them to get and keep a job if they find it hard to work. Support can include training, developing skills, building confidence and interview coaching. In Nottinghamshire Work Choice is provided by the Shaw Trust:

[www.shaw-trust.org.uk/home](http://www.shaw-trust.org.uk/home)

The DEA can also provide information to those who are eligible about the Access to Work grant. This can pay for practical support to help people with a health condition or disability to do their job. It can be used to pay for specialist equipment, travel when they cannot use public transport or if they require a communicator at a job interview. The amount they get would depend on their circumstances.

For more information about looking for work, see

Website [www.gov.uk/looking-for-work-if-youre-disabled](http://www.gov.uk/looking-for-work-if-youre-disabled)

### 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' service works to develop the potential of people with learning disabilities to become more independent. Sessions cover subjects such as independent living skills, basic skills, art, cookery, drama/art therapy, confidence building etc. Many of the subjects will have the option of OCN accreditation. Members can progress from this service into volunteering opportunities/work experience. Inspire Nottingham also provides other services and support.

### iRemploy

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

Remploy are disability employment specialists. The website provides access to advice, guidance, support and tools to help you prepare for and find work.

**iWork***Phoenix Unit, 1 Isabella Court, Millenium Business Park, Mansfield NG19 7JZ*

Telephone 01623 644 591

Email [i.work@nottsc.gov.uk](mailto:i.work@nottsc.gov.uk)

If you live in the county and have a learning disability the iWork team can offer you support to get a job. They can look at your skills, interests and qualifications, find jobs that you might like to do, explain what will happen with benefits if you get paid work, give you the opportunity to try out jobs to see if you like them, carry on giving you support when you find a job to help you stay there.

**Mencap – Harpenden House Community Café***203 Edwards Lane, Sherwood, Nottingham NG5 3JA*

Telephone 0115 920 9524

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

Course for people with learning disabilities, to learn how to cook and gain experience of working in a cafe. Includes planning menus, preparing buffets, learning about food hygiene, cash handling and using a till. This is a full day course Tuesday, Wednesday, Thursday and Fridays from 9.30am–3.15pm. Cost £30 per day

**Mencap – ‘Rediscover’ Charity Shop***Centre House, 4 Chapel Bar, Nottingham, NG1 6JQ*

Telephone 0115 9561130

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

Volunteer adults with learning disabilities are offered NVQ training within the retail sector. The course covers the handling of stock, health and safety, customer care.

**Norsaca Work and Learn Centre***The Dukeries Centre, Park Street, Worksop, Nottinghamshire, S80 1HH*

Phone 01909 509 400

Email [workandlearn@norsaca.org.uk](mailto:workandlearn@norsaca.org.uk)Website [www.norsaca.org.uk](http://www.norsaca.org.uk)

Help people with autism (16 years and above) to develop existing and new skills.

**Employment support** e.g. helping with application forms

**Work skills and opportunities** e.g. supported work placements

**Self development & social opportunities** e.g. IT skills, cooking, budgeting

Flexible packages from 1–5 days per week. Opportunities to access appropriate accreditation or certificates. Support tailored to individual learning needs, including access to specialist equipment and resources where needed.

**Nottingham City Futures Careers Centre**

(Covers Arnold, Beeston, Bingham, Broxtowe District, Eastwood, Gedling District, Keyworth, Kimberley, Radcliffe, Rushcliffe District and West Bridgford.)

*57 Maid Marian Way, Nottingham NG1 6GE*

Telephone 0115 960 1597

Email [ask@futuresnn.co.uk](mailto:ask@futuresnn.co.uk)Website [www.futuresnn.co.uk](http://www.futuresnn.co.uk)

Open Mon–Fri 10am–4pm. Careers and employability advice and guidance, helping individuals to make the most of their skills.

### **Rumbles Community Cafes**

*Vicar Water Country Park, Mansfield Road, Clipstone, Nottinghamshire 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, Nottinghamshire, NG24 4QN*

Telephone: 01636 681331

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

Provides opportunities for people with learning disabilities in North Nottinghamshire and Derbyshire. The Community Cafés offer an inclusive environment where volunteer learners can develop personal, vocational and social skills that are required for independent living. Catering training programmes help students make the transition into paid employment or voluntary service. Students can also progress to recognised professional NVQ courses in Customer Services and Hospitality.

### **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 for adults with disabilities who attend the farm for one or more days a week. General tasks offered include work on the farm, garden areas, café, shop, office, cleaning and maintenance. An 'initial enquiry form' is available to download from the website.

## **Equipment and adaptations**

See *Equipment* Section of this directory

### **City: Occupational Therapy**

Telephone 0115 883 8463

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

Telephone 0115 883 8550 (Sensory Team)

The Occupational Therapist can visit you at home to look at how you manage everyday activities and assess your needs. They can advise on ways of helping with preparing a meal or drink, dressing and personal hygiene, home adaptations. Subject to assessment, they may be able to provide equipment such as special seating, slings and shower chairs (on long term loan), or arrange adaptations such as grab rails, ramps or stair lifts

### **County: Occupational Therapy**

*Nottinghamshire County Council, County Hall, West Bridgford, Nottm. NG2 7QP*

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)

Depending on your needs the Occupational Therapist can supply equipment (on long term loan) to help you stay living in your own home. For example: specialised shower seats, chair raise, toilet equipment. Adaptations and alterations to your home may help you manage essential daily activities more easily. For example: stair rails, grab rails, stair lifts. You may be expected to pay something towards the cost of major adaptations.

Under the 'Everyday Living Equipment Scheme', small items of equipment such as a raised toilet seat, a perching stool, may be provided free of charge, if they will help you to live independently at home. To apply, contact as above, complete the form on the website, or email [equipment@nottscg.gov.uk](mailto:equipment@nottscg.gov.uk)

## Disabled Facilities Grant

If you have difficulties caused by disability you may be able to apply for this grant, to help provide access to the facilities in your property eg by installing ramps and widening doorways. You will need to be assessed by an Occupational Therapist to determine the level and type of works needed in your property. To qualify for assistance, you must have a test of resources to indicate whether you are required to make any financial contribution. For further information:

*City: Occupational Therapy Section, Mary Potter Centre, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY*

Telephone 0115 883 8463 or

0115 883 8464 or

0115 883 8465

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

*County: Nottinghamshire County Council, County Hall, West Bridgford, Nottingham NG2 7QP*

Telephone 0300 500 80 80 (Mon–Fri 8am–8pm, Sat 8am–12 noon)

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

Following assessment, if they agree that adaptations are needed, the Occupational Therapist will recommend to your district or borough council (who administer the scheme) that you receive a grant. They will make a decision based on whether they think the adaptation is reasonable and practicable.

If you are a city council tenant, you may be able to have adaptations carried out to your home to make it easier for you to stay in your property. Any works must be recommended by an Occupational Therapist (contact as above). If you live in the city and the adaptations are related to deafness, contact the Sensory Team at Social Services on 0115 883 8550. An assessment will be carried out to determine the level and type of adaptations that can be done. For more information about the scheme, contact

## Adaptations & Renewals Agency

*LH Box 50, Loxley House, Station Street, Nottingham, NG2 3NG*

Telephone 0115 876 4426

Minicom 0115 876 5994

If you are a county council or housing association tenant, you may be able to get adaptations to your home but it may be funded differently. Contact your district or borough council or housing association for more information.

## Financial help

See the *Money matters* section in this Directory page 142 and  
*When your son or daughter reaches 16* page 145.

Personal Independence Payment (PIP)

Employment and Support Allowance

16–19 Bursary Fund (which replaces Education Maintenance Allowance)

When your child is 16, they may be able to claim some benefits in their own right, but if they do, any benefits or tax credits you get for them will stop. If they stay in full-time non-advanced education or approved training, you should have a choice. Either you can carry on claiming for them, or they can claim for themselves. You will need to consider (or seek advice about) which option will leave your family better off.

Note that the government plans to introduce a ‘benefit cap’ in April 2013 on the total amount of benefit payments that an out-of-work family can receive. Some families will be exempt from the cap, including those where the claimant, their partner or any dependent child gets Disability Living Allowance (DLA) or certain other benefits. If your disabled child is the only person who gets DLA and they start to claim benefits in their own right, they will no longer be treated as your dependant. This could mean that you would no longer be exempt from the cap.

Currently (Dec 2012), the Department for Work and Pensions (DWP) will contact you when your child is 16. If your child is going to be unable to manage their own benefits at this age, you can arrange with the DWP, to become their ‘appointee’ for benefit claims. This means you would be responsible for making any claims, giving any information required and telling the DWP of any changes that may affect their entitlement. The benefits would be paid to you on their behalf.

A factsheet, which explains the main benefits and who is entitled to claim them is available online for download from Contact a Family:

*Money when your child reaches 16 years of age*

[www.cafamily.org.uk/media/389326/moneyat16current\\_oct\\_2012\\_low\\_res\\_web.pdf](http://www.cafamily.org.uk/media/389326/moneyat16current_oct_2012_low_res_web.pdf)

Contact a Family also provide a freephone helpline for parents and families, including a Welfare Rights Advice Service:

Telephone 0808 808 3555 Open Mon–Fri, 9.30am–5pm

Disability Rights UK include a range of detailed factsheets about benefits on their website: [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

## Access to Learning Fund

For students who need additional financial support while studying a higher education course. This fund may be available via their college or university, depending on their individual circumstances. Application is usually via the Student Services department of the college or university.



## Direct Payments

Young people over 16 who have been assessed by social services as needing care and support, can apply for Direct Payments in their own right. They can then choose and buy services they need themselves, instead of getting them from the local council.

## Disabled Students' Allowance

### Student Finance England

PO Box 210, Darlington, DL1 9HJ

Telephone 0845 300 5090 (Mon–Fri 8am–8pm, Sat and Sun  
9am–5.30pm)

Text 0845 604 4434

Website [www.gov.uk/disabled-students-allowances-dsas/overview](http://www.gov.uk/disabled-students-allowances-dsas/overview)

Higher education students living in England, who meet certain criteria, can apply for a Disabled Students' Allowance (DSA) if they have a disability, long-term health condition, mental health condition or specific learning difficulty such as dyslexia. The allowance allocated depends on individual needs and not on income. It can be used to pay for specialist equipment, extra travel costs etc. Application forms (DSA1) and further information available on the website.

## Help with health costs

Young people under 19 and in full-time education, can get free prescriptions, NHS dental treatment, NHS sight tests and help with fares to hospital. To qualify they must be in receipt of certain benefits. For information see; [www.nhsbsa.nhs.uk/792.aspx](http://www.nhsbsa.nhs.uk/792.aspx)

## 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. They must either be in receipt of Disability Living Allowance or have been in receipt of certain other disability payments within the preceding six months. The amount paid will depend on their own circumstances, including their taxable income. To claim telephone the Tax Credit Helpline 0345 300 3900. This will be replaced by Universal Credit from October 2013 for new claimants and from 2014-17 for other claimants.

## Growing up issues

Contact a Family have the following publications available online:

*Growing up, sex and relationships:*

*a booklet to support parents of young disabled people*

[www.cafamily.org.uk/media/379598/growingupsexrelparents.pdf](http://www.cafamily.org.uk/media/379598/growingupsexrelparents.pdf)

*Growing up, sex and relationships: a booklet for young disabled people*

[www.cafamily.org.uk/media/379646/growingupsexrelyoungpeople.pdf](http://www.cafamily.org.uk/media/379646/growingupsexrelyoungpeople.pdf)

The Information Service at the Children's Development Centre has resources available for loan, which are helpful for carers to use, to talk through these important issues. You can search the online library catalogue at: [childrenscentre.nhslibraries.com](http://childrenscentre.nhslibraries.com)

If there are items you may wish to borrow, please ring (0115 8831157/ 58) to ensure that they are available, before making a special journey.

## Health

In many cases the same services will still be used from childhood into adulthood. (see *Health* section of the Directory page 1: e.g. your GP, Interpreting Services, NHS Walk-in Centres etc.) However, young people who have regularly seen a paediatrician (child health doctor) may be referred to a hospital consultant depending on their needs.

A Patient Information leaflet for children: 'Transition: Moving into Adult Care' is available on the Nottingham University Hospitals NHS Trust website [www.nuh.nhs.uk](http://www.nuh.nhs.uk). This explains that transition is a gradual process during which, young people and everyone involved in their care can discuss the healthcare needs they will have as an adult. It is essential that young people are involved in this process. 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?

## Consent for medical examinations or treatment

People aged 16 or over are entitled to consent to their own treatment, and their parents cannot overrule this. If a young person refuses treatment, and by doing so this may lead to their death or a severe permanent injury, their decision can be overruled by the courts. The court used is the Court of Protection, which is the legal body that oversees the operation of the Mental Capacity Act (2005) see p 197.

## Information and advice services

Many of the services in the *Information and Advice Services* section of this directory (page 206) include adult services as well as children's services.

### Centre Place

*Abbey Street Community Centre, Abbey Street, Worksop S80 2LA*

Telephone 01909 479191

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

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

Provides free support and guidance on housing, homelessness, employment, benefits etc for those aged 16–25 years, living in Bassetlaw. There are two drop-in sessions each week on Tuesdays: 11am–3pm and Thursdays: 2pm–5pm

## The law, advocacy services and support

See also *Legal advice and advocacy* section in this Directory

## Equality Act 2010

People with disabilities have rights to protect them from discrimination. These rights include employment and education. The Equality Act 2010 helps to enforce, protect and promote these rights. For more information see Website

<https://www.gov.uk/rights-disabled-person/overview>

## Mental Capacity Act 2005 (MCA)

Website

[www.justice.gov.uk/protecting-the-vulnerable/mental-capacity-act](http://www.justice.gov.uk/protecting-the-vulnerable/mental-capacity-act)

This Act protects people who may lack capacity to make some decisions for themselves. It states who can take decisions in which situations, and how they should go about this. Anyone who cares for an adult who lacks capacity must comply with the Act when making decisions or acting for that person.

The Act ensures that any decision made, or action taken on their behalf, is made in their best interests. From the above website—the five key principles in the Act are:

1. Every adult has the right to make his or her own decisions and must be assumed to have capacity to make them unless it is proved otherwise.
2. A person must be given all practicable help before anyone treats them as not being able to make their own decisions.
3. Just because an individual makes what might be seen as an unwise decision, they should not be treated as lacking capacity to make that decision.
4. Anything done or any decision made on behalf of a person who lacks capacity must be done in their best interests.
5. Anything done for or on behalf of a person who lacks capacity should be the least restrictive of their basic rights and freedoms.

The Mental Capacity Act allows people 18 and over to choose and appoint someone to make their health, welfare and/or financial decisions if in the future they lack capacity to make these decisions for themselves. This person is called an Attorney and is appointed in a formal document called a Lasting Power of Attorney (LPA).

Forms are available from the:

*Office of the Public Guardian, PO Box 16185, Birmingham B2 2WH*

Telephone 0300 456 0300 (Mon–Fri 9am–5pm, Wed 10am–5pm)

Email [customerservices@publicguardian.gsi.gov.uk](mailto:customerservices@publicguardian.gsi.gov.uk)

Booklets about the Mental Capacity Act for carers and staff, are available at

[www.justice.gov.uk/protecting-the-vulnerable/mental-capacity-act](http://www.justice.gov.uk/protecting-the-vulnerable/mental-capacity-act)

There is also an easyread booklet about the Act.

## Nottingham and Nottinghamshire Hate Crime Helpline

Telephone 0800 138 1625

Confidential hate crime helpline staffed by highly skilled call takers with real life experience of hate crime, trained to give advice, support and guidance to victims and witnesses. A hate crime is any form of verbal or physical abuse motivated by gender, disability, ethnicity etc and includes threats, damage to property, bullying etc.

## Leisure

See *Play, leisure and short breaks* section in this Directory, for other age-appropriate activities.

**Adult Disability Project (Starting in January 2013)**

*Disability Sports Development Officer, Sport Culture and Parks Communities Department, Nottingham City Council, Woodthorpe Grange, Woodthorpe Drive, Nottingham NG5 4HA*

Telephone 0115 9152755

Mobile 07932 583392

Email [n.cranshaw@oakfield.nottingham.sch.uk](mailto:n.cranshaw@oakfield.nottingham.sch.uk)

For adults aged 20 plus with a disability, living in Nottingham City. Providing support to individual adults to access sport & physical activity sessions in City leisure facilities. Support will be provided on a one to one basis or small groups as appropriate and will be available for up to 8 hours per person. The aim is to work with 60 people in the first 12 months from January–December 2013.

**Adult Disability Swimming Sessions**

*Victoria Leisure Centre, Gedling Street, Nottingham NG1 1DB*

Telephone 0115 8761690

Every Monday 11am–12pm

**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.gettaway.co.uk](http://www.gettaway.co.uk)

A social activities centre for adults (aged 18+) with learning difficulties, providing a range of activities. Meet Tuesday and Wednesday evenings from 6.45 pm. Members only, contact as above to apply for membership.

## Short breaks

Some services for young people are listed in the *Play, Leisure and Short Breaks* section of this directory page 106.

**Scope**

*6 Market Road, London, N7 9PW*

Telephone 0808 3333

Email [response@scope.org.uk](mailto:response@scope.org.uk)

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

A national disability organisation, which focuses on people who have cerebral palsy. On the website is a searchable database of local services, including short breaks services in Nottinghamshire.

**Shared Lives (formerly Adult Placement Scheme)**

Following assessment, this scheme can provide accommodation and support within approved family homes for people aged 18 years and over who have a learning or physical disability. This could be for a short break or a more permanent arrangement. Trained carers help with developing independence and confidence, learning new skills, managing daily tasks etc A financial assessment is carried out to decide how much a service user would have to pay.

*City: Nottingham Shared Lives Service, Denewood Centre, Denewood Crescent  
Nottingham NG8 3DH*

Telephone 0115 8765846

Website [nottinghamcity.gov.uk/index.aspx?articleid=1409](http://nottinghamcity.gov.uk/index.aspx?articleid=1409)

*County:*

Telephone 0300 500 80 80 (Mon–Fri 8am–8pm, Sat 8am–12 pm)

Minicom 01623 434 993

Website [www.nottinghamshire.gov.uk/caring/adultsocialcare/somewheretolive/sharedlives/](http://www.nottinghamshire.gov.uk/caring/adultsocialcare/somewheretolive/sharedlives/)

## Transport and driving

See *Transport* section of this directory: eg Driving and help with learning to drive for your son or daughter

## Volunteering

See also the Voluntary Action Centres and Services in the *Parent groups and voluntary services* section of this Directory on pages 104–5.

### Pulp Friction

Telephone 07794 676398

Website [pulpfrictionsmoothies.org.uk](http://pulpfrictionsmoothies.org.uk)

Pulp Friction Smoothie Bar Project provides volunteering opportunities and support for young adults aged 16–24 (including those with learning disabilities) to develop work-readiness, social and independence skills by taking ‘smoothie bikes’ to different community events—schools, youth clubs, playschemes, community festivals etc. Pulp Friction Smoothie Bar CIC is a social enterprise which employs and supports young people with learning disabilities to run pedal-powered smoothie bars.

Volunteers work at their own pace and to their own strengths in a fun, friendly and supportive environment.

## Where to live

Options may include

- Supported living (support with more choice of where they will live),
- Supported housing (accommodation with support from staff),
- Residential care.

These are some of the national and local organisations that may be able to advise you on the option that is best for the young person:

### Care Choices

*Care Choices Ltd, 4 Valley Court Offices, Lower Road, Croydon, Nr Royston,  
Hertfordshire, SG8 0HF*

Telephone 0800 389 2077 (Advice Line)

01223 207770

Email [enquiries@carechoices.co.uk](mailto:enquiries@carechoices.co.uk)

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

The website includes information about the specialist care of disabled adults (18–64) in all types of care settings: in their own home, care homes or independent living alternatives. There is online access to the *Nottinghamshire Care Services Directory*, which includes the support available locally, for young people with physical and learning disabilities.

For Disabled Facilities Grant and adaptations (eg to improve access to your home and help you to continue living there) see the *Equipment and adaptations* in this section on pages 192-3.

### **Housing Options**

Telephone 0845 456 1497  
 Email [enquiries@housingoptions.org.uk](mailto:enquiries@housingoptions.org.uk)  
 Website [www.housingoptions.org.uk](http://www.housingoptions.org.uk)

Provides advice for people with learning disabilities, their families and supporters on all aspects of housing. Includes an Easy Read site to link to from the main website.

### **Norsaca Residential Services**

Telephone 01246 810 101 or  
 0115 976 1805 (Norsaca main number)  
 Website [www.norsaca.org.uk/our-services/residential/](http://www.norsaca.org.uk/our-services/residential/)

Providing a 'home from home' family environment for people with an autistic spectrum condition. Staff are on hand 24/7. They support residents to plan their own lives. Residents have their own bedroom, and all the homes have communal areas. Homes are situated in various locations in North Nottinghamshire, Derbyshire & Nottingham City. To apply for a place download and complete the service application form from the website.

### **Norsaca Supported Living**

Telephone 01773 530 302 or  
 0115 976 1805 (Norsaca main number)  
 Website [www.norsaca.org.uk/our-services/supported-living-and-outreach/](http://www.norsaca.org.uk/our-services/supported-living-and-outreach/)

Supports people with autism to live in their own home as independently as possible. This could mean that they are supported for a few hours a week, everyday, overnight or for 24 hours a day. The support is carefully planned to meet their needs. To apply for support, download and complete the service application form on the website.

### **Places for People (Individual Support)**

*Mellors Lodge, Robin Hood Chase, St Anns, Nottingham NG3 4EY*

Telephone 0115 941 1340  
 Telephone 0115 969 0244 (Reception)

Help and support for adults with a physical disability who live in the city of Nottingham eg with housing, money problems, making phone calls. Can self refer.

**Scope**

6 Market Road, London, N7 9PW

Telephone 0808 3333

Email [response@scope.org.uk](mailto:response@scope.org.uk)

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

A national disability organisation, which focuses on people who have cerebral palsy. On the website is a searchable database of local services, including residential care and supported living in Nottinghamshire.

**Shared Lives (formerly Adult Placement Scheme)**

See Pages 198-9.

**Spring Bank Farm**

52 Cordy Lane, Brinsley, Nottinghamshire NG16 5BY

Telephone 01773 765766

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

Residential care home registered for up to five adults aged 18–65 with learning disabilities who are on the autistic spectrum and who may have sensory modulation / sensory integration problems, other associated health issues, or challenging behaviour. A needs-led service focussing on what is best for each individual. Contact for details.

Day facilities (14 years and above) also available provided by the charity *Springs Nottingham*: arts and crafts, sensory room, indoor gardening room etc. See calendar on the website for Special Events for which advance booking is necessary.

Telephone 0756 8087771

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

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

**Supported Living (County)**

Telephone 0300 500 80 80 (Mon–Friday 8am–8pm,  
Sat 8am–12 pm)

Minicom 01623 434 993

For adults who have a learning disability. Provides support in their own home so that they can be as independent as possible. Support provided includes help with managing money, cooking and shopping, staying healthy, getting out and about. The amount of support varies and may be for just a few hours each week or for most of the time including at night, Referral for supported living, following assessment of needs. Fees depend on the amount of support needed, and the person's income. Contact the above number for information.

## Bereavement and end of life care

### Registering a death and the Tell Us Once service

To make an appointment to register a death in the city contact

*The Council House, Old Market Square, Nottingham NG1 2DT*

Telephone 0115 8415554

To make an appointment to register a death in the county

Telephone 0300 500 80 80

There are offices in each county area. Details of locations are also available on [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

When you register a death, the registrar will give you the option to use the Tell Us Once service. This service will inform all the relevant government departments and agencies, for example Children's Services, Department for Work and Pensions (for child benefit and tax credits), and local departments eg. libraries, Blue Badges. This means you will not have to contact them yourself individually. Only the next of kin (or someone authorised by them) can use the Tell Us Once Service and you can use the service by phone, in person or online.

### Butterfly Project

*Barnardo's, 2 Clinton Avenue, Nottingham NG5 1AW (moving late 2012/early 2013)*

Telephone 0115 9691177

Service for children and young people with a life-limiting condition and their families/carers. Emotional, social and practical support. City and County.

### 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

*c/o Children's Services Office, D Floor, East Block, Queens Medical Centre, Derby Road, Nottingham NG7 2UH*

Telephone 0115 9249924 ext 66276

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

(calls accepted in any language) 0808 800 6019 for all mobiles



every evening 7-10pm, 10am–1pm Mon, Thu, Fri, 10am–4pm Tue, Wed

Website

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

Offers support for any one affected by the death of a child (including prebirth and grown up children) including, parents, brothers and sisters, any relative, friend or professional. Helpline staffed by bereaved parent volunteers, supported by professionals. Operates from Great Ormond Street and from Alder Centre in Liverpool.

### **The Compassionate Friends**

*53 North Street, Bristol BS3 1EN*

Telephone

0845 1232304 National Helpline 10.00am–4pm,  
7.00–10pm every day

Telephone

0115 9264701 Nottinghamshire contacts, any time  
(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 have specialist national contacts for those bereaved by suicide, by murder and for parents with no surviving children.

### **COPinG**

*Barnardo's, 2 Clinton Avenue, off Hucknall Road, Nottingham NG5 1AW  
(may change late 2012/early 2013)*

Telephone

0115 9249924 extn 66276

Monthly support group for bereaved parents and carers currently meeting at Barnardo's and supported by the Child Bereavement Team from Queen's Medical Centre Campus.

### **Cruse Bereavement Care**

Telephone (local branches)

0115 9244404 (Nottingham)  
0115 9825348 (Rushcliffe)  
01623 647645 (Mansfield)

all can see children and young people as well as adults

01636 706228 (Newark) supports over 18 years only.

Websites

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk) and  
[www.rd4u.org.uk](http://www.rd4u.org.uk) (Website for young people aged  
between 12–18 years approximately)

Publications for bereaved people and those supporting them can be downloaded from the websites. Includes information for military families.

### **Foundation for the Study of Infant Deaths**

*11 Belgrave Road, London SW1V 1RB*

Freephone helpline

0800 802 6868 10am–6pm Mon–Fri 6pm–11pm  
weekends/Bank Holidays

Email

[helpline@fsid.org.uk](mailto:helpline@fsid.org.uk)

Website

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

Support for families who have lost a baby through sudden infant death (cot death). Trained befrienders and advice for professionals supporting families. Publications on reducing the risk and for bereaved parents.

### **Laura Centre**

*4-6 Tower Street, Leicester, LE1 6WS*

Telephone 0116 254 4341

Email [info@thelauracentre.org.uk](mailto:info@thelauracentre.org.uk) or  
[referrals@thelauracentre.org.uk](mailto:referrals@thelauracentre.org.uk)

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

Free, confidential counselling for individuals, couples or families by qualified counsellors, for anyone affected by the death or anticipated death of a child at any age and from any cause and for any child/young person up to the age of 25 affected by the death or anticipated death of a parent/carer or other significant person in their lives. People from Nottinghamshire can use the service. Groups held at half term for children. Drop in groups every month for adults on the waiting list. Adults, teenagers and older children can refer themselves, parents can refer their children. The Laura Centre is also opening a centre in Derby (October 2012).

### **Nottinghamshire Bereavement Trust**

Helpline 0800 435 455 (English)  
0800 9177 416 (Asian language)  
0800 0304236 (Chinese language)

Freephone helplines open every evening of the year 6.00–10.00pm to give comfort and advice to the bereaved.

### **SANDS (The Stillbirth and Neonatal Death Society)**

*28 Portland Place, London W1B 1LY*

Helpline 020 74365881 (Mon–Fri 9.30am–5.30pm)

Email [helpline@uk-sands.org](mailto:helpline@uk-sands.org)

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

Support and befriending for anyone affected by the death of a baby including parents, other children, relatives, professionals etc.

### **Spiral**

*28 Magdala Road, Nottingham NG3 5DF*

Telephone 0115 9603010 (Adviceline:

Mon, Weds 3.00pm–5.00pm Tue, Thu 10.30am–12.30pm Fri–2.30pm–4.30pm)

Email [info@familycare-nottingham.org.uk](mailto:info@familycare-nottingham.org.uk)

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

Support for children aged 5–19 years coping with bereavement. Covering City and County.

### **Sue's Place**

*Morton House, 12 Appletongate, Newark, Nottinghamshire NG24 1JY*

Telephone 01636 551739

Email [info@sues-place.co.uk](mailto:info@sues-place.co.uk)

Website [www.sues-place.co.uk](http://www.sues-place.co.uk)

Individual bereavement support for children aged 3–18 years in Newark and Nottinghamshire. Play therapy, special events for children, annual 2 day residential camp. Parent/carer support and therapeutic massage service.

### **Tamba Bereavement Support Group**

*2 The Willows, Gardner Road, Guilford, Surrey GU1 4PG*

Telephone 01483 304442 (main Tamba telephone)

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

Support for parents who have lost a baby/babies from a multiple birth. Downloadable booklet from website. Team of volunteer befrienders who have all lost a baby/babies themselves.

### **Winston's Wish**

*Winston's Wish, 3rd floor, Cheltenham House, Clarence Street, Cheltenham, Glos GL50 3JR*

Helpline 0845 2030405 (Mon-Fri 9-5, local rate)

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

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

Support for bereaved children up to 18 years and their families who have experienced the death of a parent or sibling. Also support for children where death of a parent/sibling is expected. Professionals seeking to support these children may also ring. Parents guide for helping a child when someone has died is available in Arabic, Bengali, Spanish and Swedish as well as English.

For Hospices see the *Short breaks* 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.

React Charity ([www.reactcharity.org](http://www.reactcharity.org) 020 8940 2575) may be able to help with funeral expenses and memorial headstones when a child with a life limiting condition dies.

# Information and advice services

## Local

### 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

Good quality information and support to anyone with concerns about cancer, parents and other relatives, children, carers etc. Open Monday to Friday 10–4pm, drop in.

Help with welfare benefits see page 151 (not restricted to people living with cancer.)

### Disability Nottinghamshire

*1 Byron Street, Mansfield, Nottinghamshire NG18 5NX*

Advice Line 01623 625891

Minicom 01623 656556

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 on 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.

### Information Service

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

Telephone 0115 8831157 or 8831158 text 07500 102796

Email [infoservices@nottshc-chp.nhs.uk](mailto:infoservices@nottshc-chp.nhs.uk)

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

Information on medical conditions and any aspect of caring for a child with special needs; education, leisure, benefits etc. Free and confidential service for any family or anyone working with children. Edit and distribute *Finding Your Way*. Benefits and debt advice see page 152.

### IRIS

*Unit 18, Clarendon Chambers, 32 Clarendon Street, Nottingham NG1 5LN*

Telephone 0115 853 3291

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 Notts. Quarterly magazine and website for parents. Manages the city and county Children’s Disability Register. Families joining the Register 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.

### Nottingham Mencap Information Service

*Centre House, 4 Chapel Bar, Nottingham NG1 6JQ*

Telephone 0115 9561130 (ask for Information Officer)

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

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

Free confidential information for people with learning disabilities and their parents and carers.

### **Citizens Advice Bureaux**

Free, confidential, independent advice for all ages, including housing, legal and money problems. Local bureaux have wheelchair access and induction loops. The national website has an online advice guide and details of advice sessions in other counties. The local site has full details for Nottinghamshire sessions.

Websites [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) and  
[www.nottinghamshirecab.org.uk](http://www.nottinghamshirecab.org.uk)

### **Ashfield Citizens Advice Bureau**

*22 Market Street, Sutton-in-Ashfield, Nottingham NG17 1AG*

Telephone 0844 8563411 (Mon–Fri 10am–2pm)

Drop in Mon–Wed 9.30am–12.30pm.

### **Bassetlaw Citizens Advice Bureau**

*Central Avenue, Worksop, Nottinghamshire S80 1EJ*

*17b The Square, Retford, Nottinghamshire (inside council offices)*

Telephone 0844 856 3411 (Mon–Fri 10am–2pm)

Drop in (Worksop): Mon & Wed 9.30am–3pm, Fri 9.00–1pm

Drop in (Retford): Tue and Thu 10am–2pm

Videolinked sessions at Langold Resource Centre, Tuxford Mine of Information, Misterton Resource Centre, Bircotes Information Office.

### **Beeston Citizens Advice Bureau**

*Citizens Advice Broxtowe, Ground Floor, Council Offices, Foster Avenue, Beeston, Nottingham NG9 1AB*

Telephone 0844 499 1193 (Mon–Fri 10am–1pm)

Drop in times same as telephone. 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)

### **Eastwood Citizens Advice Bureau**

*Library and Information Centre, Wellington Place, Nottingham Road, Eastwood, Nottingham NG16 3GB*

Telephone 0844 499 4194 (Mon, Wed, Fri 9.30am–12.30pm,  
Thu 1–4pm)

Drop in sessions Mon, Tue 9.30am–12.30pm, Thu 1–4pm.

Specialist money and housing advice by appointment, solicitor appointments.

### **Mansfield Citizens Advice Bureau**

*Suites 22-24, Brunts Business Centre, Block B, Samuel Brunts Way, Woodhouse Road, Mansfield, Notts NG18 2AH*

Telephone 0844 856 3411 (Advice by phone Mon–Fri 10am–2pm)

Drop in for information Mon–Fri 9am–1pm except Weds 9am–4pm. Outreach session at Warsop Town Hall Tue 10am–1pm.

**Newark and District Citizens Advice Bureau***2 Castlegate, Newark, Nottingham NG24 1AX*

Telephone 01636 704391 (Mon–Thu 10am–3.15pm)

Drop in Mon/Wed 10am–3.15pm and Tue/Thu 10am–12.30pm

**Nottingham and District Citizens Advice Bureau***32-36 Carrington Street,, Nottingham NG1 7FG*Telephone Advice 0115 938 8050 (Mon, Tue, Thu, Fri 10am–2pm,  
Weds 1pm–4pm)

Advice Line 0844 499 4129 (24-hour recorded information line)

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

Phone first for advice. Appointments may then be offered if appropriate. Drop in for information leaflets or internet use Mon, Tue, Thu, Fri 9am–3pm, Wed 12.30–4pm

Drop in outreach sessions in:

**Arnold** (Council offices Fri 9.30am–3pm)**Bestwood** (St Mark's Church Mon 9.30am–12noon)**Calverton** (Core Centre Mon 9.30am–3pm)**Edwards Lane Community Centre** (Tue, Fri 9.30am–2.30pm  
city residents only)**Netherfield** (St George's Centre Thu 9.30am–12.30pm)**Newstead Miners Welfare** (Tue 1–3.30pm).**Notts Infoscript**Website [www.nottsinfoscript.co.uk](http://www.nottsinfoscript.co.uk)

Online information prescriptions for people in Nottinghamshire. Choose 'Children and Young People' section. You can then refine your search by age, type of disability and where you live.

**Ollerton and District Citizens Advice Bureau***5 Forest Court, Forest Road, New Ollerton, Newark, Nottingham NG22 9PL*

Telephone 0844 856 3411 (10am–2pm Mon–Fri)

Drop in times Mon, Wed, Fri 9.30am–2.30pm

Outreach sessions at Bilsthorpe Surgery, Blidworth Library, Clipstone Health Centre, Rainworth Church

**Council information services****Nottinghamshire County Council**

Telephone 0300 500 8080 (Mon–Fri 8am–8pm, Sat 8am–12pm)

Minicom 01623 434993

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

Customer service points are available at

**Sutton in Ashfield**, Idlewells Centre

Mon–Fri 9am–4pm

**Hucknall**, Under one Roof, 3A Vine Terrace

Thu 9.30am–4pm

**Worksop**, Queens Buildings, Potter Street

Mon–Fri 9am–4pm closed Thu

**Retford**, 17b The Square

Tue, Thu 9am–4pm

**Harworth**, Parish Council Offices

Fri 9am–12 noon

**Beeston**, Broxtowe Council Offices, Foster Ave.

Wed and Fri 9am–4pm

**Eastwood Library**, Wellington Place  
**Arnold**, Civic Centre, Arnot Hill Park  
**Mansfield Library**, 16 Regent Street  
**Newark Library**, Beaumont Gardens

Thu 9am–4pm  
Mon–Fri 9am–4pm  
Mon–Fri 9am–4pm  
Mon, Wed 9am–12.30pm 1–4pm

### **Nottingham City Council**

*Nottingham City Council, Customer Contact Centre, Angel Row, Nottm. NG1 6HP*

Telephone 0115 9155555 (council switchboard)

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

Drop in for benefits advice, information on council services and to make payments, internet access.

### **Nottingham City Families Information Service**

Telephone 0800 458 4114

### **Libraries in Nottingham and Nottinghamshire**

See pages 118–9. Information is also available on the councils' websites.

## **National services**

### **Autism Services Directory**

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

Online directory of services (schools, colleges, support groups, training courses, leisure activities etc.) which are 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 103.

### **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 for speakers of other languages)

Email [help@mencap.org.uk](mailto:help@mencap.org.uk)

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

Information on benefits, housing, jobs, education, support and leisure for people with learning disabilities. Includes information written for people with learning disabilities.

**Netbuddy**

Website

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

Free and well used online community for anyone connected with special needs (parents, carers, professionals) to share hints and tips for supporting people with learning disabilities and/or autism. Site includes an 'Ask an Expert' service and information packs on particular issues such as holidays or siblings. Registered charity.

**NHS Choices**

See page 6.

**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 to accessible businesses, tourist attractions, hotels, Motability dealers etc.



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