







SEND Resources in Southampton and Nationally

General SEND Support in Southampton	
<p>Southampton Parent Carer Forum https://sotonpcf.org.uk/</p> 	<p>Set up by a group of SEN parents and carers, they work with service providers to ensure the needs of disabled children and young people are met. A great source of information, including events and resources.</p>
<p>SENDIASS (Southampton Special Educational Needs and Disabilities Information, Advice and Support Services) https://www.southamptonsendiass.info</p> 	<p>SENDIASS aims to empower parents/carers, children, and young people to play an active and informed role in making decisions about their education, health, and social care.</p> <p>Their role is to help parents/carers, children, and young people build their knowledge, understanding, and confidence in SEND procedures, policies, practices, and law, and enable them to communicate their own needs, wishes, aims, and rights.</p>
<p>Re:Minds https://www.reminds.org.uk</p> 	<p>Re:Minds supports families whose children/young people have autism, ADHD or other neurodiverse needs and/or mental health needs - with or without a diagnosis.</p>
<p>https://www.southamptonautismsupportservice.com/</p> 	<p>A community-led autism/neurodivergent support service covering Southampton and surrounding areas.</p> <p>They provide support, guidance, training, and advocacy for anyone who is autistic, may be autistic, or supports someone who is.</p>


General SEND Nationally	
<p>Contact https://contact.org.uk/</p> 	<p>A charity for families with disabled children. They offer information and advice, workshops and events</p>
<p>IPSEA www.ipsea.org.uk</p> 	<p>A useful site for free, legally based special education advice</p>
<p>SOS!SEN https://sossen.org.uk/</p> 	<p>A national charity to help parents and carers of children with SEN to tackle the difficulties they face when battling for their children's rights</p>
<p>My Family Our Needs https://www.myfamilyourneeds.co.uk/</p> 	<p>Offering information, guidance and advice on all aspects of supporting a child or young person with additional needs from birth right up to the age of 25.</p>
<p>Family Fund https://www.familyfund.org.uk/</p> 	<p>The UK's largest charity providing grants for families raising disabled or seriously ill children and young people.</p>
<p>https://www.gov.uk/government/publications/disability-living-allowance-for-children-claim-form</p> 	<p>Financial benefit to help support with a disabled child's needs.</p>


ADHD and Autism

<p>Southampton Neurodiversity Multidisciplinary Team https://www.southampton.gov.uk/schools-learning/send-local-offer/southampton-neurodiversity-team/</p> 	<p>The Team is a multidisciplinary group dedicated to providing needs-led support for neurodiverse children and their families, focusing on early intervention and collaboration across services.</p> <p>The Team aims to increase knowledge and understanding of neurodivergence.</p>
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<p>BRAAIN UK (Be Ready ADHD ASD Information Network) https://www.braain.co.uk/</p> 	<p>A charity started by SEN parents to provide information, support and advice for families with children with ADHD, autism and other special education needs.</p>
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Autism






<p>Autism Hampshire https://www.autismhampshire.org.uk/</p> 	<p>The leading local charity providing comprehensive support for autistic individuals, families, and professionals across Hampshire.</p>
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<p>National Autistic Society https://www.autism.org.uk/</p> 	<p>A charity for autistic people and their families. Since 1962, the National Autistic Society has been providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.</p>
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Mental Health

<p>Young Minds https://www.youngminds.org.uk/</p> 	<p>A mental health charity for children, young people and their parents</p>
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<p>No Limits https://nolimitshelp.org.uk/</p> 	<p>Free and confidential counselling for children in Southampton, Hampshire, Portsmouth and the Isle of Wight</p>
<p>Physical Disabilities</p>	
<p>Scope https://www.scope.org.uk/</p> 	<p>They campaign to change negative attitudes about disability, provides direct services, and educates the public. The organisation was founded in 1952 by a group of parents and social workers who wanted to ensure that their disabled children had the right to a decent education. Originally focused on cerebral palsy, Scope now embraces all conditions and impairment.</p>
<p>Dyslexia</p>	
<p>Hampshire Dyslexia Association https://www.bdadyslexia.org.uk/</p> 	<p>Supporting adults with dyslexia, families, employers, employees, and practitioners in Hampshire, Southampton, Portsmouth, and the Isle of Wight.</p>
<p>Dyscalculia</p>	
<p>The Brain Charity</p> 	<p>Providing practical help on all aspects of living with dyscalculia, emotional support such as counselling, phone befriending and group therapy and social activities to people with dyscalculia from all over the UK</p>

Down's Syndrome	
<p>Down's Syndrome Association www.downs-syndrome.org.uk</p> 	<p>Advice and support, including booklets to help with independent toileting, sleeping and managing behaviour</p>
Epilepsy	
<p>Epilepsy Action https://www.epilepsy.org.uk/</p> 	<p>A diverse and inclusive organisation that welcomes everyone affected by epilepsy.</p>
<p>https://www.youngepilepsy.org.uk/</p> 	<p>They campaign for the rights of children and young people with epilepsy. Delivers health services and research that improve epilepsy diagnosis and epilepsy treatments Supports children and young people with epilepsy throughout school, college, and university Provides information, guidance, and practical help for living everyday life with epilepsy.</p>
<p>https://www.hopeforepilepsy.org.uk/</p> 	<p>An award-winning charity dedicated to supporting and connecting families with children that have been affected by Epilepsy.</p>
Hearing Impairment	
<p>National Deaf Children's Society https://www.ndcs.org.uk/</p> 	<p>Their vision is to create a world without barriers for every deaf child and to overcome the social and educational barriers that hold deaf children back.</p>

Visual Impairment

<https://www.rsbc.org.uk/>

Royal Society for Blind Children


Providing support, advice, events, social groups, education and advocacy for vision impaired children, young people and their families.

Brain Conditions

Cerebra
<https://cerebra.org.uk/>



Offering a range of free services that enrich the lives of children with brain conditions and support their families and carers.

Behaviour


Challenging Behaviour Foundation
<https://www.challengingbehaviour.org.uk/>


Making a difference to the lives of children, young people and adults with severe learning disabilities whose behaviour challenges by providing information, support, workshops and speaking up for families on a national level.


Cards and Schemes

Access Card
<https://www.accesscard.online>



The Access Card serves as a recognised proof of special needs and requirements, eliminating the need for repeated explanations.


The Buzz Network
<https://www.southampton.gov.uk/schools-learning/send-local-offer/parents-and-carers/short-breaks/the-buzz-network/>


The Max card provides access to discounts and benefits at a range of organisations in Southampton and beyond. The card is available through the Buzz Network, a group for Southampton parents/carers of children and young people with a disability or additional needs.


<p>My Health Passport https://www.autism.org.uk/advice-and-guidance/physical-health/my-health-passport</p>  <p>National Autistic Society</p>	<p>The National Autistic Society health passport is endorsed by the Department of Health and promoted by NHS England. The passport is designed to help autistic people to communicate their needs to doctors, nurses and other healthcare professionals.</p>
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Carers





<p>Carers Trust https://carers.org/</p> 	<p>Working to improve support services and recognition for anyone living with the challenges of caring unpaid for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.</p>
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<p>Unpaid Carer's Support Southampton https://unpaidcarerssupport.org.uk/</p> 	<p>Supporting all unpaid adult carers, from 18 years upwards, across Southampton. Their aim is to support those caring for a friend, neighbour, relative or loved one to understand their rights and options, and give a voice to the thousands of unpaid carers living in our city. They operate as part of Citizens Advice Southampton which is a registered charity.</p>
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Activities and Play Schemes

<p>Southampton HAF (Holiday Activities and Food) https://www.southampton.gov.uk/schools-learning/support-inclusion-education/haf/</p> 	<p>With funding from the Department for Education, the programme offers valuable support to families on lower incomes, giving them the opportunity to access rewarding and active activities alongside healthy meals over the school holidays.</p>
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<p>Southampton City Farm https://www.southamptoncityfarm.com/</p> 	<p>Southampton City Farm provides a unique Holiday Club experience throughout the school holidays and half terms, working in collaboration with Southampton City Councils Holiday, Activity, and Food (HAF) Programme! The Holiday Clubs include both public bookable spaces and HAF funded spaces, so that more young people in the community are able to access the farm!</p>
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<p>Family Hubs https://www.southampton.gov.uk/children-families/activities-and-support-for-families/family-hubs/</p> 	<p>Family hubs have range of sessions going on throughout school holidays including garden play sessions. Make sure to call the hub to book as spaces are limited. Parental/carer supervision is required.</p>
<p>Saintsability https://www.southamptonfc.com/en/saints-foundation-saintsability</p> 	<p>PAN disability football sessions for juniors (aged 8-16) and adults (aged 16+)</p>
<p>Mencap https://www.mencap.org.uk/</p> 	<p>Mencap run fun and safe playschemes throughout the school holidays. They provide a variety of play opportunities including cooking, sensory play, arts and crafts, sports and more. These take place at the Mencap Centre in Portswood.</p>
<p>Flip Out https://www.flipout.co.uk/locations/southampton/prices</p> 	<p>Weekly SEND Bounce session on a Sunday morning 9:30 am.</p>

<p>Inflataplanet https://www.inflataplanet.co.uk/events/deerpark-school.php</p> 	<p>Weekly SEND session at Deer Park school.</p>
<p>Wonder World https://ecom.roller.app/wonderworldsouthampton/on/bookwwsouthampton/</p> 	<p>Monthly SEND soft play session.</p>
<p>Odeon Cinemas https://www.odeon.co.uk/accessibility/autism-friendly/</p> 	<p>Odeon host special autism friendly screenings one Sunday morning each month at over 90 cinemas across the UK</p> <p>At these screenings, they:</p> <ul style="list-style-type: none"> Keep the house lights on throughout the film Lower the audio volume Remove the advertisements and trailers before the film Open the cinema doors early so guests have time to get used to the surroundings