

SEND Support and Resources

GEMS:

<https://www.gems4health.com/>

GEMS provide Autism and ADHD resources, workshops, social events and support designed to help families understand and support their child's unique needs.

Parenting Special Children:

<https://parentingspecialchildren.co.uk/>

Parenting Special Children offer a variety of support services for parents and carers of children with a range of needs including ADHD, Anxiety, Autism, Emotional Regulation & Behaviour, Neurodivergence, Sensory Processing, Sleep and Trauma & Attachment. Their support services include workshops, courses, resources, advice, support groups and helpline services.

The National Autistic Society

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

The National Autistic Society is the UK's leading charity for people on the spectrum and their families. They provide support, guidance and advice as well as campaigning for improved rights, service and opportunities to help create a society that works for autistic people.

Their [directory](#) can be used to find local and national services, including diagnostic, social groups, leisure activities and advocacy organisations.

Autistica

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

Autistica is a UK based national Autism Research Charity. They have lots of supporting information and research surrounding Autism and many co-occurring conditions.

The Autism Group

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

The Autism Group is a Maidenhead based charity committed to supporting and enhancing the lives of young autistic people, their parents and carers. They offer community through special interest clubs, workshops and parent support services.

Camp Mohawk

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

Camp Mohawk is a day centre for children with special needs and their families. Throughout the year, the centre provides a range of activities, facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment. Their facilities include adventure playgrounds, swings, sensory garden, play village, soft play, sensory rooms, art/craft room, music room, play lounge and, in the summer months, an outdoor heated play pool. This is set within approximately 5 acres of natural woodland. They offer family days, short breaks, special events and group sessions.

Thames Valley Adventure Playground

<https://www.tvap.co.uk/>

Thames Valley Adventure Playground (TVAP) offer a unique range of adventurous, therapeutic and educational play activities for children and adults with disabilities; mild or profound. Their playground provides a safe, caring and stimulating environment where families and individuals can enjoy playful learning. The playground is inclusive, welcoming siblings and friends of the child with additional needs. As well as the playground, the centre offers a range of events throughout the year.

ERIC – The Children's Bowel & Bladder Charity

<https://eric.org.uk/>

ERIC is the national charity dedicated to improving children's bowel and bladder health. They offer advice, training and a helpline all based around a range of bowel and bladder needs.

Cerebra

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

Cerebra is a national charity dedicated to helping children and their families discover a better life together. They provide research-driven, high quality health, legal, financial and social care advice. Their services include practical advice and support for children and their families, helping them to put that knowledge into practice.

They also offer a [Sleep Advice Service](#) and a wide range of [Parent Guide Booklets](#) which have up-to-date advice and research-driven strategies to help you deal with a wide range of issues.

NHS – Sensory Processing Online Workshops

<https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-young-peoples-integrated-therapies/sensory-processing-online-workshops/>

The NHS offer free, online workshops designed to help you understand the sensory needs that child may be experiencing. It offers strategies, practical advice and tips on how you can enable a child to manage their sensory needs on a daily basis.

NHS – Handwriting Essentials Online Workshops

<https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-young-peoples-integrated-therapies/handwriting-essentials-online-workshop/>

The NHS Occupational Therapy Team offer free, online workshops. These offer strategies, practical advice and tips on how to support handwriting development in children.

NHS – Early Language Development Workshops

<https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-young-peoples-integrated-therapies/early-language-development-workshops/>

The NHS Early Year Team offer free, online workshops covering a range of early language development needs: Communication Foundations; Communication Building Blocks; Scaffolding Communication; Helping Children with Unclear Speech; Autism and Communication.

NHS – Motor Skills Matter Presentations

<https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-young-peoples-integrated-therapies/motor-skills-matter-presentations/>

The NHS Occupational Therapy and Physiotherapy team offer strategies, practical advice and tips on how to support motor skills development in children.

NHS – Children, Young People and Families Services

<https://cypf.berkshirehealthcare.nhs.uk/>

Use the headings at the top of this webpage to access information and advice about a range of areas, including:

- **Mental & Emotional Health:**
 - Coping Behaviours: Anger and aggressive behaviour
 - Bullying
 - Drugs and Alcohol
 - Eating Disorders
 - Obsessive-Compulsive Disorder (OCD)
 - Self-Harm
- **Health & Development:**
 - Communication and hearing
 - Child safety
 - Independence and school readiness
 - Eating, allergies and healthy lifestyle
 - Fine motor skills
 - Gross motor skills
 - Immunisations
 - Sensory processing
 - School health
 - Toilet training and bedwetting
 - Your baby and you
- **ADHD & Autism:**
 - ADHD
 - Getting help now: ADHD
 - How to support with attention, activity, emotions and behaviour
 - Autism
 - Getting help now: Autism
 - How to support with communication, sensory needs, emotions and behaviour
 - Parents and carers – how to request help for possible autism and/or ADHD
 - Professionals – guidance to request for help process
 - Additional information documents
 - About our request for help process
 - Waiting times
- **SEND**
- **Our Services:**
 - Children and Adolescent Mental Health Services
 - Neurodiversity Service (Autism and ADHD)
 - Children and Young People's Integrated Therapies
 - Public Health Nursing (health visiting, school nursing, immunisations)
 - Specialist children's Services (community paediatricians, children's community nursing, specialist dietetics)
- **Other Services**
- **Referrals**