



Information pack for parents and carers with children and young people with additional needs/disabilities in Ashford, Shepway and Dover

Benefits

Benefits Calculator – By entering your details, find out what benefits you may be entitled to
https://benefits-calculator.turn2us.org.uk/AboutYou?gclid=EA1aIQobChMIml-8m6yw3QIVROJ3Ch1vaQ2gEAAYASAAEgJ9FPD_BwE

Disability Living allowance- You may be entitled to DLA for your child under 16, which is a regular allowance to help with extra costs if your child requires more care than a child without additional needs. Find out more information on the eligibility and how to apply by clicking on the link below:

<https://www.gov.uk/disability-living-allowance-children/overview>

Personal independence payments- A regular payment to support young people and adults age 16+ .To find out more on eligibility and how to apply, click on the link below:

<https://www.gov.uk/pip/overview>

Carer's allowance- If you provide care for at least 35 hours per week, you may be entitled to receive a carer's allowance in respect of the additional care needs of a child/young person with additional needs. For information about the criteria and how to claim See link below:

<https://www.gov.uk/carers-allowance/overview>

Child and working Tax credits- If you claim child or working tax credits, you may be entitled to claim a disability element which will be added on top of your normal payment. See link below for more details.

<https://www.gov.uk/help-for-disabled-child>

Grants and aids

Family fund- Grants are available for families with children/young people with additional needs and can be applied for each year for a number of things from iPads to family appliances or breaks away. For further information on eligibility and how to apply. See link below:

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

Kent Libraries- offer services for those with additional needs including communication software to create visual aids. Visit website for more details:

<https://www.kent.gov.uk/leisure-and-community/libraries/borrow-library-items/library-services-for-disabled-and-older-people>

Find a voice- Offer a resource library that allows you to borrow equipment free of charge for 6 weeks, at a time which is great for trying out expensive equipment such as sensory toys to see if they work before going out and buying them. Contact them and find more info on the link below.

<http://www.findavoice.org.uk/Home>

Merlins magic wand- Offers free one off tickets to merlin attractions for children with a disability. Find out more and apply using link below.

<https://www.merlinsmagicwand.org/apply-for-a-day-out/who-can-apply.aspx>

3H Helping hands for holidays- Provide holidays and grants for holidays for disabled people and carers. For more info see link below:

<https://www.3hfund.org.uk/guidance-notes-for-grant-applications/>

Radar key- This key allows you to have access to 9000 disabled toilets which is useful for people with mobility issues along with children with sensory issues. The key costs around £5 and is available from many different places including the link below or your local council office.

<https://www.disabilityrightsuk.org/shop/radar-key>

Visual Aids- Visual aids are hugely beneficial for children with autism and related conditions. Aspen smile centre run visual aids drop in's where parents and professionals can be supported to make their own for free. See link below for next drop in.

<http://www.aspensmile.co.uk/courses>

Clarks- If measuring your child's feet for new shoes is difficult; you can make an appointment for your child at a quiet time. They have also launched autism friendly shoes See link below or contact your nearest store.

<https://www.clarks.co.uk/measureandfit>

Marks and spencer autism friendly school uniform-M&S have an autism friendly range for those who struggle with zips and buttons and to make it more comfortable. See link below:

<http://www.marksandspencer.com/s/kids/school-uniform/easy-dressing-school-uniform>

CEA card- Entitles someone aged 16+ to receive free entry to the cinema when accompanying someone with a disability aged 8 and over. The cost of the card is £6 per year. See link below for more info and to apply.

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

Bus pass- Your child/young person may be eligible for free travel outside peak times and also free travel for a companion to travel with them. To find out more and to apply, see the link below.

<https://www.kent.gov.uk/roads-and-travel/travelling-around-kent/bus-travel/bus-passes/disabled-persons-bus-pass#tab-3>

Blue badge- If your child/young person has significant problems with mobility (this may be due to their own safety for example if they have to use a disabled buggy) they may be entitled to a blue badge. See below link for details

<https://www.gov.uk/apply-blue-badge>

Help getting your child ready for school- If you are struggling to get your child ready for school in the morning then you might find this app helpful. It keeps children on track with getting ready and rewards them for how quickly they do it. You can change the settings to suit you and choose a reward for your child when they earn enough stars .See the link below

<http://happykidstimer.com/>

Disabled equipment Grants- New life are a disabled children's charity that provide grants for equipment such as beds, Pushchairs, seating systems, wheelchairs and much more. See Link below

<http://newlifecharity.co.uk/docs/care-services/Newlife-Equipment-Grants.shtml>

Inspire Fund-

The Inspire Fund has been set up by Dover district council to provide funding support to help young people that are facing challenges. The fund helps young people to create new friendships, introduce them to healthy lifestyles through sport, and open new doors into work with opportunities to learn new skills.

The fund can be used to pay a wide variety of things including sports, drama, training for employment and equipment.

For more information see the link below:

<https://www.dover.gov.uk/Community/Grants-Funding/Inspire-Fund/Inspire-Fund.aspx>

Max Card

The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission.

To apply click the link below

<https://mymaxcard.co.uk/apply-now/>

Sport and Leisure

Youth club offer Dover district –

Linwood youth club run a club for young people with ASD, for more information:

Contact: 03000 420008
linwoodYC@kent.gov.uk

<https://www.facebook.com/linwood.yc/about?lst=100000496372643%3A100001572926602%3A1503430978>

Ashford youth hub-

Ashford youth hub offer a club for disabled young people aged 11-25 year old on a Monday 6-8pm, along with other clubs to help with confidence and social anxiety

<https://local.kent.gov.uk/kb5/kent/directory/service.page?id=IFRZGwYXJjo>

<https://www.facebook.com/Ashford-North-Youth-Centre-1496819913923440/>

Shepway Youth offer- There is various all-inclusive groups run across Shepway. See link for more information.

<http://search3.openobjects.com/kb5/kent/directory/service.page?id=G6UGpNeX3DQ&youthchannel=1>

Salus – also offer clubs for young people with a disability.

For more information, click on the links.

<http://salusgroup.org.uk/service/youth-service/hythe/>

<https://www.facebook.com/SalusYouthShepway/>

Children's centres- Children's centres groups are inclusive for everyone and some even run special SEN sessions.

To contact your local children centre visit:

<https://www.kent.gov.uk/education-and-children/childcare-and-pre-school/childrens-centres>

Autism friendly cinema showings- Some cinemas provide autism friendly screenings so children feel more at ease. Children can get up and move around, there are no trailers, the sound is tuned down and the lights are kept on low. For more information see the link below.

<https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/>

Leisure centres

“Your Leisure” offer disability swim sessions and also offer reductions on admission prices for children with disabilities and their carers during normal swim times with proof of disability. See link below

<http://yourleisure.uk.com/swimming/disability-swimming/>

Folkestone sports centre offers disability sports sessions and also has a sensory room

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

The Stour centre offers disability swim sessions and also offers carers free swim passes during normal swim times.

<http://www.ashfordleisuretrust.co.uk/activities/e/disability-swimming>

Disability football-

<http://www.kentfa.com/players/disability>

<https://www.facebook.com/southeastgullsf/>

<http://dealallstarsfc.wixsite.com/inclusivefootball>

Pegasus- Pegasus is a 3 week summer playscheme for children and young people age 8-21. They provide children with disabilities fantastic opportunities to do a number of different activities. Please see more information about what they do and the criteria by using the link below.

<http://www.pegasusplayscheme.btik.com/>

Karate school- Some children with autism and related conditions find Karate of benefit. Kent karate school has instructors with Asperger's syndrome. See link below to find local schools.

<http://www.kentkarateschools.co.uk/asperger-karate>

Disability Horse riding-

Alkham Valley offers therapeutic riding sessions for children and young people with disabilities which can be of great benefit to many. See link below.

<http://avcp.co.uk/horse-riding>

Brogdale CIC- Provide work and leisure opportunities for disabled children.

<https://brogdalecic.co.uk/about/>

Inflate and play Canterbury- Offer disability friendly sessions, for more info see link below.

<https://canterbury.inflateandplay.co.uk/product/inflate-n-play-canterbury-disability-friendly-session/>

Fun4all Shepway disability club- Offer a youth club for children with additional needs which the rest of the family can also attend. Please see their Facebook page:

<https://www.facebook.com/groups/253968728746710/>

or [Tel:07745918450](tel:07745918450)

Email FUN4ALL20181@OUTLOOK.COM

Dover smART project- Run a young carers group for ages 5-18 which supports siblings of those with an additional need.

Visit their website for more details:

<https://doversmartproject.co.uk/young-carers/>

Autism friendly cinema screenings- Many cinemas now offer autism friendly cinema sessions where they offer a more relaxed showing, without trailers and the sound down lower than usual.

Click the link below to find one local to you.

<https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/>

Flip out trampoline park- Offer autism friendly sessions which are quieter than usual.

Find out more or book using link below:

<https://www.flipout.co.uk/detail/flip-out-ashford/asd-friendly-sessions>

Imagine soft play centre- offer a special needs evening once a month, see link below for details.

<http://www.imaginethefun.co.uk/2015/imagine-website/index.html>

Information and Support services-

Kent Local offer- This website contains lots of information to help families with a child with a disability or Sen in their local area.

<https://www.kent.gov.uk/education-and-children/special-educational-needs>

The children's centres-

Your local area's children centre can offer a range of support from groups, courses and more intensive support via early help.

To find your local children's centre click the link.

<https://www.kent.gov.uk/education-and-children/childcare-and-pre-school/childrens-centres>

Private assessments – With waiting lists for a diagnosis getting longer many families are choosing to pay for private assessments for Autism, ADHD and other related conditions. Find out more by clicking on the link below.

<http://www.psicon.co.uk/neurodevelopment/diagnosticassessments.aspx>

Shepway Autism support group

- supporting families with children on the autistic spectrum

<http://www.shepwayautism.org/>

DISK-Disability information services Kent are a great source of information for finding out about what services are available to you and are very experienced with supporting applications for various benefits, for example they can help with filling out DLA and PIP forms. See contact info on the link below.

<https://local.kent.gov.uk/kb5/kent/directory/service.page?id=EVkAMpKdpJM>

SOSEN- is a national charity which supports parents to understand more about their children's or young person's legal rights .They can help support parents appealing decisions about their EHC plan, enforcing their SEN provision and more. See link below for their advice line or to attend one of their drop in advice clinics.

<http://www.sossen.org.uk/index.php>

IPSEA- Also offer independent educational advice and have lots of useful resources and a tribunal helpline. See link below.

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

Includes us 2- Is a parent led charity that supports children and young people aged between 0-25 with a disability living in Ashford, Shepway and Dover. They provide a Family Support service, run monthly coffee/support groups across all 3 districts and provide information workshops for parents/carers. They also organise subsidised events throughout the school holiday for children/young people aged 0-18 and their immediate family. Please see their Facebook page for more info.

<https://www.facebook.com/IncludesUs2/>

KAT- Kent Autistic Trust is a great source of information. They run support groups and have a family support officer who can help with a range of queries.

<https://www.kentautistic.com/what-we-do/family-support-services/another-page/>

The National Autistic society Dover, Deal and Shepway branch- Are a voluntary led branch which provide local support for families via groups, phone, email and their Facebook page.

See below link for more info

<https://www.facebook.com/groups/nasdd/1635236136547595/>

ASD Ashford –A parent led charity who offer training and support groups

<http://www.asdashford.com/>

21 Together- A parent led charity supporting parents and carers with a child with downs syndrome.

<http://www.21together.org.uk/>

Carer's support- It is easy to forget about your own needs when caring for someone else. Carer's supports are able to offer all kinds of information; support and just generally someone to talk to if you are caring for someone with a disability. See what support they can offer and register with them using the link below.

<http://www.carers-supportcdt.org.uk/>

<https://carers.org/section/about-us>

<https://carers-ashford.org.uk/about-us/>

IMAGO- Support children and young people aged 5-18 who help look after anyone with a disability. This might include a sibling with a disability. They offer clubs; respite activities and even a free young person's travel pass for secondary school. They also offer a short break service for children with disabilities.

Find out more and apply on the link below:

<http://www.imago.community/Children-and-Young-People/Kent-Young-Carers>

Early help-Early help can help families with a child or young people aged 0-25 who require additional and intensive support. An early help worker can work with a family for a set number of weeks and give them strategies to deal with problems and help them tackle any barriers that they may be facing. You can be referred to early help by your school, another professional or visit your local children centre to ask them for advice.

<https://www.kent.gov.uk/education-and-children/early-help-support-for-families#tab-3>

Homestart- Homestart support families who have a child under 5 years old. They run groups and can also provide a volunteer to help with your child or any siblings, give practical help, be someone to talk to or to give you a break. For more information see the link below

<http://home-startdoverdistrict.org.uk/>

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

<http://home-start-ashford.co.uk/>

IASK - offer support and advice about special educational needs and disabilities, including social care and short breaks.

For more information about their support click on the link below

<https://www.kent.gov.uk/education-and-children/special-educational-needs/who-to-contact/kent-parent-partnership-service>

SNAAP- provide the extensive range of services to children with every kind of disability, aged from 0-25 years, in partnership with parents. The focus of the services is upon all of the child's needs including educational, social, developmental and emotional.

<http://www.snaap.org.uk/who.html>

Courses

Earlybird courses are for parents and carers of children under 5 years with autism and Earlybird Plus is for parents/carers of children with Autism aged between 5 and 8. Parents

usually have to be referred through Speech and Language.

<http://www.autism.org.uk/earlybird>

Cygnets is a course for parents or carers with children or young people age 5-18 with autism. You can self-refer to the cygnets course, but you will need to contact using links below to find out where and when the latest course is being offered.

Dover district-

Contact Dover Early Help on 03000 422998 or e-mail at Doverearlyhelp@kent.gov.uk

Specialist Teaching and Learning service on 01304 8229846 or email at Aspensmile@whitfield.kent.sch.uk

Shepway district-

Contact Folkestone and Hythe Early help via email Shepwayearlyhelp@kent.gov.uk or Tel: 03000 411008

Specialist Teaching and learning service- gemma.geddes@thebeacon.kent.sch

Ashford-

Contact Ashford early help on AshfordEarlyHelp@kent.gov.uk or Tel: 03000 410305

Specialist teaching and learning service on chloe.webb@goldwyn.kent.sch.uk

The aspen smile centre run lots of courses to support children with additional needs for parents and professionals, often with a discounted rate or free places for parents. See below

<http://www.aspensmile.co.uk/courses>

The contented child are based locally and offer a range of courses (fees apply) to help parents and carers with children and young people with additional needs and also have an informative Facebook page. Please click on link below to find out more info.

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

School information

School and post 16 Travel- For information regarding school or post 16 and all travel for children and young people with disabilities. See the link below.

<http://www.kent.gov.uk/roads-and-travel/school-transport/school-transport-for-children-with-special-educational-needs>

Schools- For a list of special schools, mainstream schools in the area and independent schools.

<https://www.kent.gov.uk/education-and-children/special-educational-needs/school-information-for-special-educational-needs-sen/Find-special-schools-and-schools-with-special-units>