

Introduction

This Directory provides details of services available to Disabled Children and their families and is funded through the Aiming High Short Breaks Transformation Programme. It is also available electronically through www.snaap.org.uk

It is one of five covering the county of Kent and has been developed from a publication originally produced by SNAAP (Special Needs Advisory and Activities Project) based at Windchimes Resource Centre in Herne Bay.

These directories have been produced using SNAAP's original format. Thanks and acknowledgement is therefore conveyed to SNAAP for permitting their original format to be used in publication, as well as for their support in collation.

Every attempt has been made to ensure that the information in this directory is as comprehensive as possible but accuracy cannot be guaranteed.

Aiming High Short Breaks Programme

In 2008, Kent County Council was successful in its bid to become one of 21 Pathfinder local authorities across the country to be part of the *Short Breaks Transformation Programme*.

Short Breaks have been defined as:

- A wide range of short breaks, tailored to families' needs
- Available in the evenings, at weekends, and school holidays
- Culturally appropriate, sympathetic to race, culture, religion.
- Age appropriate
- Including sufficient provision to meet the needs of severely disabled children, including complex health needs.

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This status brought with it a significant level of funding to invest in the development of short break services.

The funding is to provide new and expanded services to meet the needs of children aged 0-18 and their families. Kent is required to significantly increase the range of short breaks for children with the following impairments:

- Autism Spectrum Disorder
- Technology dependant
- Challenging behaviour
- Moving and handling needs
- Palliative care

The short breaks programme also includes breaks for disabled children who have not previously been eligible to receive a service from Kent County Council Disabled Children's Social Services.

Part of the Core Offer within the overarching "Aiming High" initiative is to make sure that sufficient information is available to families about local services to enable them to make informed choices. A directory is therefore being produced for each of the five Disabled Children's Resource Centres across the county to ensure that families receive that information as part of the **Aiming High Core Offer**.

Disabled Children's Resource Centres

Kent County Council has reconfigured family support services for disabled children and their families over the past five years, so that they are co-ordinated and provided from five multi agency Resource Centres across the county.

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A Resource Centre comprises two elements: an overnight short breaks unit and an additional community unit for daytime, evening and weekend activities which are also termed short breaks. These may be on the same site or on two sites, as part of a campus.

The Resource Centres are:

Resource Centre	Overnight Breaks Unit	Geographical Coverage
1) Parents Consortium	Allsworth Court will become an overnight breaks unit following completion of building works in February 2010. Rainbow Lodge	Dartford/Gravesham/Swanley
2) Windchimes	The Beach Hut	Canterbury/Swale/Dover/Thanet
3) Sunrise	The Den	Tunbridge Wells/Tonbridge
4) Maidstone Multi-agency Specialist Hub	Still to be identified	Maidstone
5) Ashford/Shepway Multi-agency Specialist Hub, Wyvern School	Fairlawn	Ashford/Shepway

Short break activities are being developed along the lines of a "hub-and-spoke" model from these Resource Centres. Comparable services are being developed in the "spokes" or outlying areas. There is a vision for parents to eventually manage the short breaks activities delivered by each Resource Centre.

CHILDREN'S SOCIAL SERVICES

Kent County Council Children's Social Services

Introduction

Kent County Council Children's Social Services provides support for children in need. A child is defined by the 1989 Children Act as 'in need' if:

- He/she is unlikely to achieve or maintain, or have the opportunity of achieving or maintaining, a reasonable standard of health or development without the provision for him/her of services by a local authority;
- His/her health or development is likely to be significantly impaired, or further impaired, without the provision for him/her of such services; or
- He/she is a Disabled Child.

Any support provided is determined by an assessment of a child's needs. Children's Social Services work in conjunction with colleagues from other agencies such as the NHS to support children to:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

These are known as the five 'outcomes' for children

How to contact them

A referral can be made to Children's Social Services by telephoning Kent Contact & Assessment Service on 08458 247 247

CHILDREN'S SOCIAL SERVICES

Disabled Children's Service (DCS)

Some disabled children in Kent may be eligible to receive a service from the specialist Disabled Children's Service. These are children who have a disability that is permanent or long term, and that can be defined as:

- Severe or profound learning or physical disability, or
- Severe or profound social communication disorder, or
- Life threatening illness, or
- Complex medical need

Some children may have a combination of two or more of the above.

Following acceptance of a referral, an initial assessment of a child's needs will be carried out. The assessment will look at:

- The child's developmental needs
- The parenting capacity of the child's parents and carers to respond to these needs
- Relevant wider family and environmental factors.

If necessary, a further ('core') assessment of all the circumstances relating to the child or young person will then be carried out. This will involve a visit to the child's home. The assessment will include talking with the parent/s, the child, and anyone else who provides a significant amount of care for him/her. This includes talking with other professionals caring for the child. A care plan will then be written that sets out how the child's needs will be met. The parents' or carers' needs may also be assessed separately.

The transition period from child to adulthood is often a worrying time for young people and their parents. The Disabled Children's Service can help with this transition by linking young people with Kent Adults Social Services. For very young children, DCS can link parents with early support services

CHILDREN'S SOCIAL SERVICES

Children's Occupational Therapy Service

This is part of the KCC Disabled Children's Service. Occupational Therapists aim to enable children who are permanently and substantially disabled to make the most of their abilities, be as independent as possible, and gain control over the practical aspects of their daily life.

Following an assessment of a child, equipment may be offered. Advice can also be offered about other sources of help. Adaptations to the family home may also be recommended, which could be minor e.g. fitting a rail or ramp, or entail more major work (see the section entitled 'Adaptations to the Home' on page 96).

A referral can be made to the Children's Occupational Therapy Service by telephoning Kent Contact and Assessment Service on 08458 247 247.

Short Break Services

Depending on the level and types of need determined by the assessment, the Disabled Children's Service (DCS) might be able to offer a range of services.

These services may be provided directly by DCS. Or they may be provided through the method of a direct payment. A direct payment enables a parent/carer to make their own care arrangements. This might mean employing a personal assistant, or it might mean paying a service provider directly, e.g. for a summer play scheme or a befriender. Help with setting up a direct payment is available from the Children and Families Direct Payment Support Service (see separate entry). Young people over the age of 16 yrs. may be entitled to a direct payment in their own right.

CHILDREN'S SOCIAL SERVICES

A pilot of a short breaks voucher scheme is taking place. If the pilot is successful, it will be extended. The vouchers can be exchanged for a service from a set list of services. To be eligible, a child must either be in receipt of at least one higher rate component of Disability Living Allowance, or be assessed for the scheme by a key professional involved in his/her care.

Emergencies

If you have an emergency occurring outside of office hours, you can contact the emergency out of hours social work team on 0845 762 6777.

Kent Carer's Emergency Card www.kentcarersemergencycard.org.uk

Carers are issued with a card which can be used as an instant source of identification in case of accident or sudden illness. In an emergency situation, anyone can telephone the number on the card and quote the number printed. The contact centre uses this number to access the carer's pre-arranged emergency plan and puts it into action. The service is free.

Dover, Deal (also covering Thanet)

Dover District Carer Support, 10 Victoria Rd, Deal
01304 364637

Swale (also covering Canterbury, Whitstable, Herne Bay)

Swale Carers, Suite 9, Bank House, Broadway, Sheerness
01795 583440

Deaf Children & Families Team

The Deaf Children & Families Team provides support and information for children and their families where there are issues related to deafness. This service is available to deaf and deaf/blind children up to the age 18 years and also hearing children of Deaf parents.

To make a referral to this team Contact and Assessment Service on 08458 247 247 or text phone 08458 247905 or you can e-mail at deafserviceschildrenfamilies@kent.gov.uk.

Children's Disability Register

www.kent.gov.uk/cdr

The Children's Disability Register is a confidential computerised database containing details of children from birth to 18 years who have a disability. It is voluntary: you have the choice whether or not to register your child, and names can be removed at any time. We would encourage you to register your child, as the Register gives you the opportunity to let us know what kinds of services you would like to see provided. From this information we are able to highlight gaps in services and develop ways of filling those gaps.

You can register your child by completing a register application form. This is available online or from the Disabled Children's Service Disability Register Co-ordinator on 08458 247 247.

Once you have registered your child, you will receive a regular update about services in your area, and other information that may be of interest to you.

Health Services

Introduction

There are many Health Services which you and your child may need. In this section we show who can help, depending on the age of your child, the various professionals available to help you, and the way in which you can access their services. If you have any concerns about your child's health or development, you can either contact your own GP, your health visitor if your child is under 5, or your school nurse.

Getting Help with your Pre-school child

Often, developmental issues only become apparent once a child is in a more social setting, such as a playgroup or nursery, at which point the playgroup leader may raise these issues with you. You may choose to discuss your concerns either with your own GP or health visitor or playground workers assigned to the playgroup/nursery.

Early Support Programme

www.earllysupport.org.uk

This is the Government programme to achieve better co-ordinated, family focused services for young disabled children and their families. It's a national programme that:

- brings together the different services available to you and your child
- focuses on children under three years old but some councils use it for children up to five years old
- is accessed through social services & managed by your council

Early Support Leaflets and Information

They have developed a range of disability-specific leaflets intended as a 'first step' in informing parents about the disability and pass on information and advice from other parents. There are specific disability booklets including sensory impairments, autism, rare conditions and speech and language difficulties as well as one for where no diagnosis has yet been made.

HEALTH SERVICES

There is also an Early Support Family Pack, which informs parents about services to support them and to help families to know what to expect by way of good service provision and what to ask for. For more information about what is available please see Early Support website.

Specialists who can help

General Practitioners (GP's)

Your family GP practice is staffed by qualified doctors. At any stage, you are free to request that your child sees a doctor who has had paediatric training. The role of the GP is to promote health, to prevent illness and to pick up and treat the signs of illness and other longer term conditions.

Health Visitors

Health visitors aim to support parents to care for their baby and children, encourage positive parenting, identifying any problems early on. The team can offer targeted help with infant nutrition, child behaviour management, postnatal depression, domestic violence and family planning. They have skills in detecting those children who will require extra help from health services and other agencies. In families where there is a child or young adult with special needs, the health visitor will provide extra support in partnership with parents/carers and in conjunction with other agencies. They can put you in touch with support groups and provide targeted help in areas such as speech and language, sleeping, nutrition and behaviour management. Talk to them if you are worried about your own ability to cope, problems with depression or ill health, or other family problems that may affect your child.

School Nurse

01227 812280

Each school has a named school nurse who can be contacted through the school. School nurses are also available for health advice and discussion with parents and can help and support parents and teachers with feeding issues. They also liaise closely with the Special Educational Needs Co-ordinator (SENCO) in schools and all other members of the statutory agencies as well as your health visitor. If you have any concerns about your child's health, development or well-being you should discuss these with your school nurse.

Children's Assessment Centre's

Offer a range of services and specialists under one roof including therapists, Clinical Psychologists and Community Paediatricians.

Canterbury

Children's Assessment Centre, Kent & Canterbury Hospital,
Ethelbert Road, Canterbury CT1 3NG
01227 866482

Thanet

Kingfisher Children's Centre, Lanthorne Road, Broadstairs,
CT10 2ND
01843 873700

Dover

Children's Day Ambulatory Unit and Community Child Health,
Carousel Ward, Buckland Hospital, Dover.
01304 222525

HEALTH SERVICES

Specialists

Child Development Team

There is a consultant led team of community paediatricians who are qualified doctors that work only with children and carry out assessments. Once your child has been assessed you may be referred on to another specialist or therapist. You can be referred by your health visitor, GP, therapist, school nurse, hospital paediatrician or any agency involved with your child.

Honey Bears Nursery, Canterbury

01227 783032

The Nursery aims to enhance the development of your child's development through creative play, within a sensitive, structured environment. Nursery staff work closely with the specialist health visitor, physiotherapists, OT's, Speech therapists and Paediatricians. Children attend once or twice a week until they reach 3 years when they may become eligible for admission to a local pre-school.

Speech & Language Therapist (S<)

Children are seen by this service when they have difficulties with interaction, understanding and use of spoken language. S< also help with eating, drinking and swallowing problems. Therapy is set up to suit the child's individual needs and delivered individually, in a group or through a programme. Anyone involved in the care of your child can refer to the Speech Therapist.

Children's Assessment Centre, Canterbury	01227 783034
Kingfisher Children's Centre, Broadstairs	01843 873703
Buckland Hospital, Dover	01304 222540

Paediatric Physiotherapists

Helps children from 0 - 19 years and their families. Children are seen in various settings including home, clinics, at the Child Development Centres, in nursery or at school. Paediatric Physiotherapists evaluate and treat children with varying conditions. They work with the child's parents in a way that will empower the parents to become significant partners in their child's development and/or rehabilitation. Wherever possible, physiotherapists work through play and activities of daily living. A child can be seen by direct referral from the child's GP, Paediatrician, Health Visitor, parents or teachers but there is a strict criterion.

Children's Assessment Centre, Canterbury	01227 783042
Kingfisher Children's Centre, Broadstairs	01843 873703
Buckland Hospital, Dover	01304 222524

Paediatric Occupational Therapists (OT)

OT's who specialise in working with children, aged 0-19, have a wide range of knowledge in children's development, illnesses and conditions/disorders. The 3 main aims they focus on are:-

- to assess and provide suitable special equipment where needed or refer on to appropriate services.
- to assess for hand function and co-ordination development and provide treatment programmes where necessary.
- to assess for perceptual difficulties after using standardised tests and give advice to the children, carers and educational staff when appropriate.

Children's Assessment Centre, Canterbury	01227 783043
Kingfisher Children's Centre, Broadstairs	01843 873703
Buckland Hospital, Dover	01304 222524

HEALTH SERVICES

Specialist Nurse Advisor

Provide support to families with disabled children aged 0-5 years by providing a clear point of reference for individual families to co-ordinate services and signpost families to appropriate organisations. They have an open referral procedure enabling referrals to be taken from parents and professionals. Their key tasks will be:

- To provide regular long-term contact and continuity of support for individual families.
- To be a single point of contact for each family.
- To provide up to date information and advice in line with Specialist Nurse Advisors guidelines.
- To maintain family held records and inform all involved as appropriate.
- To help families access and receive relevant services and co-ordinate services as required.
- To assist families in looking forward to their child's next stage of development and anticipate their service needs.
- To assist families to identify their and their child's needs.

Canterbury, Dover & Swale

Children's Assessment Centre, Canterbury 01227 864111

Thanet

Kingfisher Children's Centre, Broadstairs 01843 873703

The Community Children's Nursing Team

01227 864125

Based at the Child Assessment Centre and covering East Kent they are involved with and offer nursing care and support to any child who has an identified nursing need. The team will support and offer advice to others who may also be involved with the child or young person. They accept referrals from any source (professional or family/self referral) and if they are not the most suitable service, they will direct the referrer accordingly.

Other specialists and services that can help

Children's Bladder & Bowel Nursing Team

A Children's Bladder & Bowel Nurse Specialist is a children's nurse that is a specialised and trained nurse to assess and care for children with a bladder and / or bowel dysfunction; they work closely with all professionals doing joint clinics and run their own nurse led clinics all over East Kent including Sheppey, Sittingbourne, Faversham, Ashford, Folkestone, Dover, Deal Canterbury, Whitstable, Herne Bay and Thanet. If you would like further information on the service they provide and areas covered please call 01227 594633.

They are also involved with the home delivery service of nappies & pads; if it is a clinical issue contact 01227 594633, if it is an administrative or delivery query call 01227 594610.

Dental Care Clinics

www.bda-findadentist.org.uk

Dental Care can be provided for children with special needs at clinics. If you have a dentist who cannot treat your child, the dentist can refer you to the Community Dental Service. If you do not have a dentist, your GP, the school nurse or other healthcare worker can refer or visit website for list of suitable dentists.

Dietician

Advice and support on food and nutritional issues may be obtained from the paediatric community dietician. When working with children with complex eating and nutritional problems, the paediatric community dietician may work with a team of people such as doctors, psychiatrists, speech & language therapists and OT's. Anyone involved in the case of your child can refer you to the dietician, GP, health visitor, Specialist Nurse Advisor, Paediatrician etc.

HEALTH SERVICES

Audiology & Vision

Your health professional may refer your child for further hearing and vision testing if your child has more specific difficulties. If you have any concerns about your child's hearing or sight contact your GP or the Paediatrician involved in the care of your child

Queries, Concerns and Complaints

PALS (The Patient Advice and Liaison Service)

0800 085 6606

www.pals.nhs.uk

The service aims to help patients and carers with their questions and problems concerning health and related services. The NHS can then learn from patients' experiences. PALS will:

- Provide information for patients, their families and carers about health and local health services.
- Put people in touch with voluntary organisations and support groups.
- Help people sort out problems and concerns quickly, before they get more serious and cause anxiety.
- Advise on how to make a complaint if that becomes necessary
- Act as an early warning system, by listening to the views of patients and their families and alerting NHS services to any issues.
- Liaise with other NHS staff to improve local health services.
- Understand basic medical terminology and the internal structures of the NHS
- Want to know when things are going well and you have received good service from the NHS

Special Educational Needs

Introduction

Up to 20% of all children, at some time, experience a special educational need. Children with special educational needs have a right to a place in a mainstream school if it is their parents' wish and provided it does not compromise the education of other children in the school. All schools are expected to provide for their needs and make reasonable adjustments to ensure their inclusion. Schools can call on the support and advice of a range of professionals and specialists who work in the locality, including Specialist Teaching Service, Educational Psychology Service, lead school and special school outreach and speech & language therapy services. For some children where mainstream schools can not meet their needs, a special school place may be needed. Some special schools have links with mainstream schools to enable the children to learn and play together.

Some frequently used initials

CAF	Common Assessment Framework
LCSP	Local Children's Services Partnership
OFSTED	Office for Standards in Education
DCSF	Department for Children, Schools, and Families
LA	Local Authority
AEN	Additional Educational Needs
SEN	Special Educational Needs
SENCO	SEN Coordinator (school)
TA	Teaching Assistant
FLO	Family Liaison Officer
SENDIST	SEN and Disability Tribunal
EPS	Educational Psychology Service
IEP	Individual Education Plan
SLD	Severe Learning Difficulties
MLD	Moderate Learning Difficulties
SplD	Specific Learning Difficulties

EDUCATION SERVICES

BESD	Behaviour, Emotional and Social Difficulties
PSC	Profound, Severe and Complex
SLCN	Speech, Language and Communication Needs
ASD	Autism Spectrum Disorder
HI	Hearing Impairment
VI	Visual Impairment
DAMP	Deficits in Attention, Motor control & Perception
FE	Further Education (at a College)
HE	Higher Education (at University)

Definitions

Special Educational Needs: A child has special educational needs if they have a learning difficulty or a disability which calls for special educational provision to be made (provision which is additional to, or different from, the educational provision made for children of their age)

SEN Code of Practice: Provides advice to schools, settings and LAs on carrying out their duties to identify, assess and make provision for children with special educational needs.

Statutory Assessment: An assessment of a child's needs. It involves information being gathered by the LA from educational, medical, psychological and social services plus any other agencies that you wish to consult. The reports from these professionals help the LA decide if a statement is needed. If so, a proposed statement is written first on which parents are consulted.

Educational Psychologists: promote child development and learning mainly with children and young people aged 0-19 years, through the application of psychology. Work is carried out in partnership with individuals and groups of children, teachers and other adults. This can be at an individual, systemic or organisation level. Educational Psychologists also work with parents, carers and families, Local Authority Officers, Health, Social Services and other agencies. Educational Psychologists aim to help children and young people through the application of Psychology.

Teaching Assistant: This is someone who works alongside a teacher in the classroom to support those children and young people who need extra help. Sometimes they work with children and young people who need some withdrawal time from the class.

Proposed Statement: This is a draft of the Statement of Special Educational Needs which is sent to parents for their comments, before the final Statement is issued. Parents have a right to meet LA officers before the proposed statement is made final.

Statement of Special Educational Needs: is a legal document, issued by the LA that sets out a child's special educational needs, the provision to meet those needs and the school that the child will attend.

Tribunal: The SEND Tribunal is an independent body that hears appeals made by parents against decisions made by the LA on Refusal to assess/reassess, refusal to issue a statement, content of Part 3 of the statement, Name of the school in Part 4, ceasing a statement, disability discrimination (these can be against the school also).

Special Needs Education and Disability Act (2001)

This act places a duty on all education providers to ensure that they have made reasonable adjustments to include a child with a disability or special educational need within an educational setting. This means that the focus is on schools to include disabled children in all aspects of school life. Schools have to provide justification for not including disabled children on school trips, holidays and when accessing leisure opportunities.

Common Assessment Framework (CAF) www.kenttrustweb.org.uk

'The Common Assessment Framework (CAF) and Lead Professional functions are new processes all local authorities are required to implement with Children's Trust partners to strengthen integrated service delivery for children and young people. Common Assessment Framework (CAF) is a key component in the Every Child Matters: Change for Children programme. The aim is to identify, at the earliest opportunity, a child's or young person's additional needs which are not being met by the universal services they are receiving, and provide timely and co-ordinated support to meet those needs. The CAF is based on solution-focused practice principles and enables practitioners and families to work in partnership to start to bring around change at the first sign of difficulty. The focus is on prevention and early intervention and providing better support to parents and families. These are Lead Professional, Information Sharing and ContactPoint'

Common Assessment Framework (CAF) Processes

The CAF is a separate process although it shares some common principles with School Action and Early Years Action in particular those of early recognition of needs and early assessment to inform appropriate interventions. Depending upon the concerns about a child, a child might be on School Action and Early Years Action or School Action and Early Years Action Plus and not have a CAF and vice versa.

Further Information - Leaflets www.dcsf.gov.uk

Further information about (CAF) the role of the Lead Professional and ContactPoint can be found on the Department for Children Schools and Families website and leaflets for children, parents and professionals are available.

Pre-School - Getting Help before starting school

Specialist Teaching Service

If you have any concerns about your child's development before they start school you should talk to your GP, Paediatrician, Health Visitor, Pre-School Leader or any other professional who is supporting your child. The Specialist Teaching Service works alongside other professionals to provide the most appropriate support & advice for babies and very young children with special educational needs or disabilities.

Referrals can be made from Health professionals, Social Services or from the pre-school setting, if your child attends. Some children with complex needs may be referred to Early Support in order to plan the provision of coordinated, high quality child and family centred services. The Specialist Teaching Service continues to support children when they go to school. Phone Clover House 01227 772992 if you have any concerns

Specialist Observation and Assessment Placement

Mary Sheridan Wing, Child Assessment Centre, Canterbury
01227 783044

Children with severe and complex needs are referred to the unit via the Education Authority. Children can have up to 3 two and a half hour sessions per week. The Unit works within a multi-agency framework in order to support both the child and family leading up to placement in full time education.

EDUCATION SERVICES

Kent Portage East

www.portage.org.uk

The Children's Centre, 59 Seabrook Road, Hythe, CT21 5QJ
01303 267771

Kent Portage East is an educational home visiting service for pre-school babies and children with additional needs. Children and families are visited weekly or fortnightly in their homes and a programme of activities to support their development is devised between the family and the Portage Home Visitor. Referral is only through Early Support. In addition to home visiting, which is their core work, they offer groups for children and their families receiving Portage or referred and awaiting allocation.

Parent and toddler groups

For children from birth upwards parents stay with their children and these groups are not registered with Ofsted. Some groups have special facilities for children with SEN. See Leisure section for details.

Pre-school playgroups

Playgroups offer children a mixture of play, socialisation and early education. The Early Years' branch of Ofsted now inspects playgroups and their guidelines state that registered playgroups must be aware that some children have special needs and take steps to promote their welfare and development in partnership with parents, carers and other relevant people

For more information on pre-school playgroups, nursery schools, breakfast and after school clubs contact:

Kent Children and Families Information Service:

08000 32 32 30

www.kent.gov.uk/cfis

Funding by Kent County Council

All 3 and 4 year olds are entitled to free nursery education. Children are eligible for up to 2 years following their third birthday. The money is paid directly to the nursery education provider by KCC.

School years 5-19

If you have any concerns about your child's education the first thing to do is to talk to your child's class teacher. If you need more information, find out who the school's SENCO is and discuss your worries with them. You may also wish to talk to the head of year, head teacher, governor with responsibility for SEN or the chair of the governing body. The Partnership with Parents Service can support you with information or offer someone to go with you to meetings.

School Action and Early Years Action

To meet your child's special educational needs in school/setting, it may be possible to support your child at School/Early Years Action. This means the school/setting should provide interventions from within its allocated resources that are additional to, or different from, what other children need. The SENCO and class teacher will put together a special plan and targets for your child called an Individual Education Plan (IEP). You should be shown this so you can also help your child. Your child's progress will be reviewed to check targets are being met.

School Action and Early Years Action Plus

Where despite sustained intervention at School/Early Years Action level a child is still failing to make appropriate progress, the school/setting may seek more help from external specialists. Your child will have an IEP with targets and reviews and experts from outside the school will advise or help. This is called School/Early Years Action Plus.

EDUCATION SERVICES

Statutory Assessments

If your child still has difficulties, or they get worse, you may contact the LA and ask in writing for a statutory assessment. Address your letter to: Head of Special Educational Needs, Education Office, Clover House, John Wilson Business Park, Whitstable CT5 3QZ.

The LA will consider the need for a statutory assessment and if they think it appropriate, they will seek parental, educational, psychological, medical and social services advice. The LA will also seek advice from any professionals identified by you. The LA will send you a comprehensive information pack to help you understand and participate in the process.

You will be asked for written permission in advance of any assessments of your child and you have a right to attend all assessments and interviews that form part of the Statutory Assessment Procedure.

As soon as the LA begins to consider making an assessment they must:

- Tell you what they plan to do, including what happens in a statutory assessment and the time limits they work to.
- Give you the name of one of their staff who can give you more information (Named Officer).
- Tell you about the steps they will take if they decide to make an assessment.
- Give you at least 29 days to say whether you agree that they should assess your child.
- Give you details of the Partnership with Parents service who can offer you advice and support.
- Encourage you to give your views on your child's needs.
- Consider the opinions of your child where this is possible.

The whole process should be completed within 26 weeks, as follows:

6 weeks to decide whether or not to make an assessment.

10 weeks to make the assessment.

2 weeks for drafting and issuing the Proposed Statement.

8 weeks for finalising the Statement, giving details of provision including the school your child will go to.

If the LA decides not to make a Statement

They must notify parents giving their reasons. You have a right to appeal if you disagree.

Checking the Proposed Statement

Make sure it:

- lists all your child's needs and difficulties
- lists all the provision needed by your child
- specifies the number of hours of extra help
- gives details of any equipment your child needs
- is clear and understandable. Don't accept the Proposed Statement if you are unhappy with any part of it.

What to do if you are happy with the Statement

Write to the LA and inform them of your preferred choice of school for your child.

What to do if you are not happy with decisions or provision

Contact the LA at Clover House, 01227 284405, and speak to your named officer (AEN Assessment Officer). They can arrange a meeting to discuss issues and resolve differences or mediation involving an impartial third party who will not take sides.

What happens after a child has a Statement?

There will be an annual review of the Statement.

Complaints and appeals

If you cannot resolve problems through discussion with the school SENCO, or LA Mediation you can appeal to a Special Educational Needs Disability Tribunal (SEND Tribunal). Appeals should be made within 2 months of being notified of the decision.

EDUCATION SERVICES

Partnership with Parents

01622 755515

E-mail: partnershipwithparents@kent.gov.uk

Funded by the Dfes & KCC it works with parents, schools and the LA and can offer advice and support in finding information, dealing with paperwork and meetings, and in overcoming differences where there is disagreement.

Schools

www.kent.gov.uk/education-and-learning

The Kent School Database provides an online directory of Kent LA (Local Authority) schools. They can also be found on the KCC main website under Education and Learning.

Children not at School

www.kenttrustweb.org.uk

A child may not be in school for a number of reasons. You may choose to educate the child at home, or the school may have excluded them. The LA still has a duty to provide education and this may take the form of home tuition provided by a visiting tutor. In some cases the LA may offer a place in a Pupil Referral Unit. Many pupils in PRUs will have special educational needs and a significant number will have statements, usually for emotional and behavioural difficulties. If a mainstream setting is best, a short-term placement within a PRU to tackle immediate problems may aid smooth reintegration into another mainstream school. For pupils at stages 1-3 of the SEN Code, a period in a PRU might enable that assessment to continue.

Financial Assistance

Transport

LA's must provide free transport if it is necessary to enable the child to get to the nearest suitable school and it is over the statutory distance between the home address and school. The statutory distance is up to 2 miles for pupils under 8 years and up to 3 miles for pupils from 8 to 16 years. Where the journey is within these distances, the expectation is that a child or young person walks to school, accompanied where necessary by a responsible adult. For pupils who live less than the statutory distance, where as a result of their special educational needs or disability (even accompanied by a responsible adult), their welfare or safety, or the welfare or safety of others, cannot be guaranteed, free transport to school is provided. The LA may provide a free bus pass or a minibus or a taxi. If the parent agrees to take their child to school, the LA may give an allowance towards the cost of fuel.

Meals

Free school meals are available to pupils at a maintained or grant maintained school if they or their parents receive Income Support, Income-based Job-seeker's Allowance, support under the Immigration and Asylum Act 1999, child Tax Credit (providing you are not receiving Working Tax Credit and your annual income for the household is below £16,040) or the guaranteed element of pension credit. Contact the Awards Team (for the whole of Kent) on 01303 224325/224337

Useful addresses and websites

Advisory Centre for Education (ACE)

0808 800 5793

www.ace-ed.org.uk

Offer information & advice about state education for parents of school age children. Issues can include exclusion from school, bullying, special educational needs and school admission appeals.

EDUCATION SERVICES

Independent Panel for Special Education Advice

0800 018 4016

www.ipsea.org.uk

Offer independent advice to parents who are uncertain or disagree with the LA's interpretation of their child's special educational needs. Can also help with appealing to the Special Educational Needs Tribunal, including representation when needed and free second professional opinions.

Kent County Council's website

www.kent.gov.uk

Provides information about Local Authority and Special Educational Needs.

Parents Centre

www.parentscentre.gov.uk

Information and support for parents on how to help with your child's learning, including advice on choosing a school and finding childcare.

Pre-school Learning Alliance

020 7697 2599

www.pre-school.org.uk

Specialists providing practical support to early years settings. Services include publications, information & advice & training.

Network 81

0845 077 4055

www.network81.org

A national network of parents working towards properly inclusive education for children with special needs.

TeacherNet

www.teachernet.gov.uk

Provide a wide range of special education needs and disability advice and materials for teachers, parents and others working with children with SEN.

Further Information Section

Kent Children's Trust

www.kenttrustweb.org.uk

Children's trusts are central to Government policy for improving children's services. They develop the local strategy for improving children's lives by delivering better services, including their health and wellbeing. Different Trusts work in different ways, depending on local circumstances. They focus on particular issues, like reducing under-achievement in early years or improving access to services for disabled children, and on new ways of working, like co-location of services and multi-agency "teams around the child".

Extended Schools

www.kenttrustweb.org.uk

Provide a range of services outside of school hours for school-age children, their families and the local community including childcare, activities and support for learning. Extended school services enable the wider community to make use of the school's facilities. Some schools may also offer services, such as information about healthy eating and nutrition or advice on managing finances - including debt counselling and availability of welfare and benefits. By 2010, all schools will provide or be able to signpost parents to a full range of services - some will be free, but others, like childcare, will be charged for.

Local Children's Services Partnerships

www.kenttrustweb.org.uk

There are 23 Local Children's Services Partnerships (LCSPs) in Kent who play a central role in improving outcomes for local children, young people and families through integrated commissioning and front line delivery. Each LCSP has its own Local Children and Young People's Plan; they have also established their own LCSP Boards. These local partnerships are developing a local plan for children's services and a multi-agency team to provide the early intervention and preventative support services required, many of which are likely to be accessed through schools, nurseries or children's Centres.

Transition

All young people must start to consider their future education and career at around 14. For young people with special needs this is a crucial time as they need to consider what extra support they may need in their learning. All young people, and especially those with special needs, are entitled to further help.

Transition Plan

If your child has a Statement of Special Educational Needs, at the age of 14 they will be invited to attend their annual review. This review must include the drawing up of a transition plan which will include information from all professionals involved in supporting them, and with input from their parents/carers, to plan for their transition to adult life. The plan not only covers post-school provision but includes on-going school provision. Transition planning must also include, in conjunction with Health and Social Services:

- What the young person needs to become more independent
- What practical help or adaptation's may be needed at home
- What special health needs require on-going support
- What the young person and family want.

The Connexions Service is responsible for overseeing the delivery of this plan.

If your child has special educational needs but doesn't have a statement, they may still need additional support to plan their transition to adulthood. The Connexions Service have a responsibility to make sure all young people who have difficulty transferring to further education or training, have a needs and provision assessment in their final year of school.

If your child doesn't have a statement and isn't in contact with Connexions, you may want to arrange a meeting with them to discuss your child's options after 16.

Assessment of Needs

The Learning and Skills Act Section 140 assessment duty is a process to assess the needs, and the provision required to meet those needs, for people in their last compulsory school year if they have a Statement and if they are likely to leave school to pursue further training or Higher Education. An assessment may also take place for someone who has a learning difficulty, but not a Statement. This duty is also led by the Connexions service and strengthens the legal rights of young people during transition planning.

Connexions

www.connexionskentandmedway.co.uk

Provide information and independent advice to young people on school and college courses, different careers and the training that may be necessary. There is a Specialist Personal Adviser for young people with learning difficulties and disabilities that help young people find information and make informed choices; they can also attend review meetings.

Connexions Access Points (CAP)

Canterbury, 40a/41 Dover Street, Canterbury CT1 3HQ
01227 479150

Dover, 131-133 London Rd, Dover, CT17 0TG
01304 226796

Margate, 11 College Walk, Margate, CT9 1PR
01843 232273

Ramsgate, Paragon House, Albert Street, Ramsgate
01843 593395

Sittingbourne, St Michaels Rd, Sittingbourne, ME10 3DW
01795 439397

TRANSITION

Kent Transition Protocols

KCC have developed a new set of protocols, or ways to work, called Kent Transition Protocols. These will help young people and their families have a better experience of the move to being supported by Adult Social Services.

The protocols have three main aims:

- To make sure young people with complex needs who are moving from adolescence to adulthood get the integrated, continuous support they need
- To make sure young people are involved in decision-making and get the outcomes they are looking for through planning and services designed for the individual
- To establish when and how information should be shared between agencies and to help with strategic planning and commissioning services for the future

Transition to Adulthood

www.kent.gov.uk

Website has information about Transition in Kent including the Transition Strategy document, Handbooks for Parents and one for Professionals and The move to Adulthood - Planning for the Future (easy read version).

Education Maintenance Allowance (EMA)

www.direct.gov.uk

EMA is there to help with your child's costs if they stay in full time education after 16. If your household income is less than £30,810 then your child can get help with up to £30 a week towards the cost of books, travel or equipment. It is paid straight into your child's bank account.

Further Education (FE)

Canterbury College

01227 811111

www.cant-col.ac.uk

The College offers a range of academic and practical courses to young people with disabilities/SEN. Students with specific disabilities and/or difficulties are welcomed and will be given support to achieve their learning potential. They provide:

- Screening Assessments
- In-class support workers (learning facilitators)
- Specialist equipment where appropriate
- Signing communicators (BSL), note takers, brailled handouts, enlarged handouts
- Help with time management, study and organisation skills
- One-to-One tutorials
- Support around the campus
- Advice/Support to course tutors

Sheppey College

01795 581581

www.cant-col.ac.uk

Sheppey College is a satellite of Canterbury College and offers a large variety of courses in a modern and friendly adult learning environment, enjoying excellent rates of success. If you have a learning difficulty or disability they can provide the specialist staff and resources to help you succeed on your course. Examples of support currently available:

- Dyslexia Service
- Exam concessions
- Production of materials into Braille and Braille tuition
- Communicators and note takers
- Specialist IT equipment
- Additional support for Key Skills

TRANSITION

South Kent College

www.southkent.ac.uk

0845 207 8220 - Course information

01233 655500 - Central reception, answered by one of the three sites.

The College offer a specialist service available to all students with any kind of learning difficulty or disability. Support includes:

- One-to-one specialist support including signer/interpreter
- Learning support assistants/scribes/readers in class
- Arrangements for access arrangements/extra time allowed where appropriate
- Specialist equipment or adaptations e.g. adaptations to computers, enlargement of printed materials for the visually impaired
- Personal care needs
- Welfare support needs
- Disabled vehicle drop-off points, wheelchair access, parking spaces and toilets at all campuses

Folkestone Campus, Shorncliffe Rd, Folkestone

Main reception 01303 858217

Dover Campus, Maison Dieu Road, Dover

Main Reception 01304 244332

Thanet College

01843 605040

www.thanet.ac.uk

Thanet College provides an opportunity for students who require support in their learning to further their independence, social skills and self confidence in their chosen area of study. A range of vocational, life and community courses are offered with support to obtain employment.

Westgate College

01843 233550

www.westgate-college.org.uk

A day and residential specialist college for students who are deaf and/or have communication difficulties. Many students have additional severe & profound learning disabilities, physical & sensory disabilities & associated challenging behaviours. The College has its own Monkshill Farm, a full working farm with a farm shop and diner. Specialists are available for students including physiotherapists, occupational therapists, speech & language therapists, audiology & medical professionals.

Kent Adult Education

0845 606 5606

www.kentadulteducation.co.uk

Offer Independent Living Skills courses that can help you to improve your reading, maths, computing and communication skills and include such topics as Managing Money, Healthy Lifestyles, Community Living and Work Skills. Main centres:

Canterbury

Canterbury Campus, Knight Avenue, Canterbury CT2 8QA

Deal

Hamilton Road, Deal CT14 9BP

Margate

Hawley Square, Margate CT9 1PF

Sittingbourne

College Road, Sittingbourne ME10 1LF

Funding for Disability Support

The LEA (and not the DfES as is the case for HE) provides funding for Students in FE, if you require money for books/equipment/field trips etc., then you must apply direct to the college where you intend to study and ask them what funding you could receive from their college Learner Support Funds.

TRANSITION

Transport

East Kent - 01227 284405 (Canterbury, Thanet, Dover, Swale)

All children who are under 8 years of age are entitled to statutory free transport if they live more than 2 miles from their nearest appropriate school. All children who are 8 years and over are entitled to statutory free transport if they live more than 3 miles from their nearest appropriate school.

Children who have a Statement of Special Educational Needs and who live less than these statutory distances from school may be entitled to free transport if their special needs make it difficult for them to get to school.

Higher Education (HE) - University places

Universities will make arrangements for students with disabilities to be able to attend lectures and classes, and have suitable accommodation for themselves and any carers they need to support them. Contact individual Universities for more details.

Funding for Higher Education

Disabled Students' Allowances (DSAs)

www.direct.gov.uk

DSA's are grants to help meet the extra course costs students can face as a direct result of a disability or specific learning difficulty. They are aimed at helping disabled people to study on an equal basis with other students.

The amount you get doesn't depend on your household income, are paid on top of the standard student finance package, and don't have to be paid back.

They can help pay for

- specialist equipment you need for studying - for example, computer software
- a non-medical helper, such as a note-taker or reader
- extra travel costs you have to pay because of your disability
- other costs - for example, tapes or Braille paper

Independent Specialist Colleges

There are a wide range of specialist colleges throughout the country, which have a wide experience of teaching students with special needs. They recruit nationally and often residential. The Learning and Skills Council has a duty to fund a specialist place for a student under the age of 19 whose needs cannot be met in local colleges, and has the power to fund a specialist place for a student between the age of 19 and 25 if evidence is provided that their needs cannot be met locally.

The Association of National Specialist Colleges

0121 428 5050

www.natspec.org.uk

Provide details of a wide choice of education and training to meet the needs of people with learning difficulties and/or disabilities. Online search facility.

Learning and Skills Council (LSC)

0870 900 6800

www.lsc.gov.uk

Responsible for funding and planning education and training for young people over 16. This includes Further Education, work based training, school sixth form and adult and community learning but not Higher Education.

After Transition

To help in discussions with Connexions and Social Services it may be useful to know about some of the places providing employment for adults with special needs. All placements require the support of a Social Services Care Manager.

Adult Day Opportunities Centres

Referral for a placement is by a social services care manager. Day centres offer training in independent living and work skills.

TRANSITION

Job Centre Plus

www.jobcentreplus.gov.uk

There is a Disability Employment Adviser to advise on employment/training options and benefits available for young people with disabilities.

Canterbury, 115-120 Northgate, Canterbury

01227 594000

Herne Bay, 22-26 Bank Street, Herne Bay, CT6 5EA

01227 594213

Dover, 72-75 Maison Dieu, Dover CT16 1NN

01304 866100

Margate, Mill House, Mill Lane, Margate, CT9 1LB

01843 258300

Ramsgate, Queens House, Queen Street, Ramsgate CT11 9EW

01843 258700

Faversham

East Street, Queens Parade. Faversham. ME13 8AH

01795 5638053

Sittingbourne, Roman House, 9 Roman Square, Sittingbourne

01795 562500

Sheerness, 3 Millennium Way, Sheerness. ME12 1PD

01795 562900

Kent Supported Employment www.kent.gov.uk/SocialCare/disability

Works with local employers to ensure disadvantaged people are proportionately represented in the workforce. Provide ongoing support, tailored to individual need, to ensure people succeed. For more information contact Kent Social Services:

Canterbury, 27 Castle Street, Canterbury, CT1 2PZ

01227 768175

Folkestone, Queens House, Guildhall St, Folkestone, CT20 1DX

01303 253476

Margate, Thanet DOC, Tivoli Road, Margate, CT9 5SE

01843 229909

Support and Advice

Contact a Family

0808 808 3555

www.cafamily.org

Provide fact sheet, information and advice on Transition, offer support and advice and can put you in touch with similar families.

EGAS (Education Grants Advisory Service)

020 7254 6251

www.family-action.org.uk

Run by Family Action, offers guidance and advice on funding for those studying in post-16 education. Provide online guide for sources of funding including loans, grants and benefits.

The Shaw Trust

01225 716 300

www.shaw-trust.org.uk

A national charity which support disabled and disadvantaged people to prepare for work, find jobs and live more independently.

SKILL

0800 328 5050

www.skill.org.uk

National Charity that provide information about education, training and work for young people and adults with any kind of disability in post-16 education, training or employment.

The Skillnet Group

01843 293366/ 07971 860 755

www.skillnetgroup.co.uk

A not-for-profit organisation working with people with learning difficulties and disabilities. They support people to develop opportunities and become more independent in all aspects of life, including; learning, work, housing, health, money, transport, leisure and relationships.

TRANSITION

Transition in Thanet www.canterbury.ac.uk/transition-in-thanet

Aims to inform young people with disabilities, parents, carers and professionals about issues that arise through the transition process in Thanet and to produce information that is both easy to access and easy to understand for parents, carers and disabled young people.

Housing

If it is appropriate for a young person to live away from home, then it is very important that this has been included in the Transition Plan. There are several options that can be considered, such as a placement in a residential home or an independent living scheme. Such provision is available through statutory, voluntary and private sectors.

Your first point of contact should be your social worker although you can also look at different voluntary and private organisations. Your local authority housing department should also have details of specialist housing schemes and housing associations with accommodation in your area.

Direct Payments

Local Authorities can give payments, instead of services, to allow disabled people and carers to buy in services they have been assessed as needing. When a child becomes 16 they can receive payments in their own right. The amount you receive should be enough to allow them to meet all the costs involved. For more information see the Short Breaks section.

Housing Options

0845 4561497 www.housingoptions.org.uk

Provide advice and information for people with learning difficulties and their carers on accessing different types of housing

Independent Living Fund (ILF)

0845 601 8815

www.ilf.org.uk

For severely disabled people who meet its criteria, they support people with disabilities so that they can live independently at home, by making payments so that they can afford to employ personal assistants or agency workers to provide the support that they need to remain at home.

Work in partnership with Local Authority Social Services and only make payments to people who get Social Services support to the value of at least £16,640 per year (£320 per week). This support can take the form of direct services, for example a day centre placement, or money from Direct Payments.

Thanet Independent Living Scheme

Thanet Day Opportunity Service, Tivoli Road, Margate, Kent CT9 5SE
01843 294943

Support people who have a physical or learning disability to live independently in the community by helping with benefits, letters and bills and budgeting and help develop skills such as personal care, cooking and shopping. Referral via Kent County Councils Care Management Integrated Teams.

Health

GP's should remain the first point of contact for any health related issues however; many paediatricians will continue to see patients into adulthood particularly if there is a growth or development delay or rare disorder. It is important that a health professional is involved in the drawing up of the Transition Plan.

Disabled Living Foundation

0845 130 9177

www.dlf.org.uk

Provide free, impartial advice about all types of daily living equipment for disabled people including baths, toys and children's equipment, wheelchairs, hoists and beds.

TRANSITION

Disabled Parents Network

0300 3300 639

www.disabledparentsnetwork.org.uk

A national organisation for disabled people who are parents, or who hope to become parents, and their families, friends and supporters.

Foundation for People with Learning Disabilities

020 7803 1101

www.learningdisabilities.org.uk

Produce a range of publications and information booklets for people with learning disabilities including '*All about feeling down*' and '*Meeting the emotional needs of young people with learning disabilities*'

FPA (Family Planning Association)

0845 122 8690

www.fpa.org.uk

The UK's leading sexual health charity whose purpose is to enable people to make informed choices about sex and to enjoy sexual health. Produce 'Talking together about Growing Up' an illustrated workbook for parents of children with learning difficulties. Also produce 'Talking Together... About Sex and relationships' a follow up pack aimed at young people with learning difficulties aged 13+.

How It Is

0207 825 7422

www.howitis.org.uk

Visual symbols for use by children to express feelings. Has symbols for body parts useful for discussions around personal safety and sexuality.

Useful Websites

Brook Advisory Centre

0808 802 1234

www.brook.org.uk

Provide free and confidential advice on sex, relationships, contraception and pregnancy to young people under 25.

In Control

www.in-control.org.uk

Useful website run by disabled people who believe people who need support can control their own lives. Has useful factsheets, information about personal budgets & support planning.

Get Paid

www.getpaid.org.uk

Produces useful Transition factsheet '*everything you needed to know but were afraid to ask*'.

Hands Off My Plan

www.handsoffmyplan.co.uk

Website that is run by people with learning disabilities, and gives good advice about person centred planning.

Mind, Body & Soul

www.mindbodysoul.gov.uk

Good for quick information gathering

Moving on Up

www.movingonup.info

A website designed to be used by young people. Includes advice around learning & working, free-time, health & wellbeing, as well as money, housing, culture & news & events.

Trans-active

www.trans-active.org.uk

Information and resources about transition for young people with learning difficulties. Has useful downloadable checklist for transition planning.

Transition Information Network

www.transitioninforonetwork.org.uk

A website for parents, carers and people who work with and for disabled young people in transition to adulthood. Provide information on all aspects of transition.

Holidays

Information

Accessible Travel

01452 729 739

www.accessibletravel.co.uk

Take care of all your holiday needs for those less mobile including accessible holidays, equipment hire and transport.

Disabled Holiday Directory

0800 9930796

www.disabledholidaydirectory.co.uk

Provide information on suitable holiday destinations including extra help and equipment needed.

Disabled United Travel

www.disabledunited.com

Arrange accessible holidays in the UK and abroad for disabled children, their carers, friends and families, with a variety of accommodation to suit individual needs.

Enable Holidays

0871 222 4939

www.enableholidays.com

Offer carefully selected overseas holidays for disabled people, their families and friends.

Holiday Care - Tourism for All

0845 124 9971

www.holidaycare.org.uk

For information on all types of holidays for people with special needs.

RADAR

020 7250 3222

www.radar.org.uk

The Royal Association for Disability & Rehabilitation compiles regularly updated fact sheets and holiday guides.

Tourism for All

0845 124 9971

www.tourismforall.org.uk

Provide information on where specific access needs can be met so disabled people can fully participate in travel & leisure.

Places and Organisations

Beamsley Project

01756 710255

www.beamsleyproject.org.uk

Provides holiday accommodation in the Yorkshire Dales for disabled people and their Carer's.

Bendrigg Trust, Cumbria

01539 723766

www.bendrigg.org.uk

Activity centre for disabled people offering tailor made holidays. Activities include a specially designed climbing & abseiling tower.

BREAK, Norfolk

01263 822161

www.break-charity.org

For disabled people and their families offer holidays, short breaks and residential assessments for families in crisis.

Breakaway Active

01245 260330

www.breakawayhols.co.uk

Arrange active holidays for people with a range of learning disabilities aged 17-35.

British Polio Fellowship

0800 018 0586

www.britishpolio.org.uk

Offer reasonably priced fully accessible accommodation in Somerset to disabled people.

The Bruce Trust

01672 515498

www.brucetrust.org.uk

Purpose-built, wide-beam canal boats for hire for self catering holidays by disabled people & their carer's.

Calvert Trust

Have 3 centres that offer disabled activity holidays for all ages.

Exmoor - Barnstaple, Devon EX31 4SJ

01598 763221

Keswick- Cumbria CA12 4QD

01768 772255

Kielder- Hexham, Northumberland NE48 1BS

01434 250232

HOLIDAYS

Camp Mohawk, Berkshire

0118 940 4045

www.campmohawk.org.uk

A summer daytime centre focusing on outdoor activities with sensory rooms, swimming pool & organised activities. Primarily for children with Autism age 8-18 years old.

Canal Boat Project

www.canalboat.org.uk

Accessible canal boats to hire, either to self-steer or use the services of a qualified and experienced skipper at no extra charge. Fully accessible to enable disabled people to take part.

The Daisy Chain Project, Blackpool

01253 761444

www.kensingtonfoundation.com

Provide free accommodation for families caring for a sick or disabled child, coping with limited means in difficult circumstances or rebuilding their lives after the loss of a child.

Disabled Holiday Directory

www.disabledholidaydirectory.co.uk

Helps you find accessible accommodation in the UK & abroad.

Dukes Barn, Derbyshire

01629 733039

www.dukesbarn.org

Adventure opportunities for all, regardless of age or ability with specialist provision for deaf and disabled people.

East Dene Centre, Isle of Wight

01983 852374

www.allnatt.co.uk

For families living with autism and related behaviours to have a relaxing holiday together in a supportive environment without judgment or discrimination.

The Harriet Davis Seaside Holiday Trust

01834 814645

www.harriet-davis-trust.org.uk

Have 4 self-catering houses in Tenby which are fully equipped for families with disabled children.

Holiday Cottages at Special School sites

Holiday accommodation on special school sites is currently being piloted in Kent and may be available more widely in the future. Families are able to customise a package to suit their needs. Information will appear on the 'Aiming High' website.

Kick Asthma Adventure Holidays

020 7786 5000

www.asthma.org.uk

Organise week-long adventure holidays for children and young people with asthma (and other related conditions).

Livability (formerly Grooms Holidays)

020 7452 2000

www.livability.org.uk

Offer affordable wheelchair accessible holidays in different locations across the country.

The Lyneal Trust, Shrewsbury

01743 252728

www.lyneal-trust.org.uk

Have two boats & four cottages adapted for disabled people.

National Autistic Society - Radlett Lodge School, Radlett, Herts

01923 854922

Provide short breaks at weekends & during school holidays for children who do not attend the school and live in London & surrounding Counties.

Peter Le Marchant Trust, Loughborough

01509 265590

www.peterlemarchanttrust.co.uk

Have two boats which are used for providing very low cost day outings & holidays on waterways to disabled people of all ages

Petty Pool Outdoor Centre, Cheshire

01606 889097

www.pettypool.org.uk

An outdoor centre that provides holidays to young people with disabilities. Activities include canoeing, abseiling & horse riding.

HOLIDAYS

Queen Elizabeth II Silver Jubilee Activities Centre, Hampshire

023 8040 4844.

www.qe2activitycentre.co.uk

Self-catering single story accommodation in timber cabins.

Red Ridge Centre, Wales

01938 810821

www.redridgecentre.co.uk

The centre offers residential courses with a wide range of activities to groups and individuals, regardless of ability.

Sense

0845 127 0060

www.sense.org.uk

Organise holidays for children who sensory disabilities. Activities range from abseiling to white water rafting. There is no charge to the families & applications can be downloaded from website.

Scout Holiday Homes Trust

020 8433 7290

www.scoutbase.org.uk/hq/holhomes/

Inexpensive self-catering holidays for families with special needs, in chalets and caravans on existing holiday sites around the country. No Scout connection necessary.

The Thomas Centre, Lincolnshire

www.thethomascentre.co.uk

01507 363463

Barn development which provides luxury self-catering holiday accommodation for communication impaired children & adults. Set in 25 private acres in Lincolnshire & is fully accessible.

Ty Glyn Davis Trust, Wales

01545 580708

www.tyglyndavistrust.co.uk

A purpose built holiday centre for children & young people with disabilities.

Vitalise (formerly Winged Fellowship Trust)

0845 330 0149

www.vitalise.org.uk

Provide short breaks for disabled people at five accessible centres in Cornwall, Nottingham, Southport, Essex & Southampton.

Holidays Abroad

Access Travel

01942 888844

www.access-travel.co.uk

Arrange holidays for disabled people including accessible accommodation, special aids and adapted vehicles, insurance and nursing/care services.

HCPT - The Pilgrimage Trust

01788 564646

www.hcpt.org.uk

Each year they take thousands of disabled children aged 7-18 on a pilgrimage holiday to Lourdes in France. They also own a specially equipped holiday home, Hosanna House, in Lourdes.

I need a holiday too!

0800 949 6801

www.ineedaholidaytoo.com

Provide wheelchair accessible and supported holidays in Brittany, France. Services include accessible accommodation, accessible transport for airport/ferry transfers & days out.

Organisations for Carers

The Kiloran Trust

020 7602 7404

www.kilorantrust.org.uk

Provide carers with a break in their West London house which is informal, friendly & relaxed. You can do sightseeing, shopping, visit friends; go to a West End show or just rest.

Margaret Champney Rest and Holiday Fund

01394 388746

www.theogilvietrust.org.uk

Offer grants to adults in need of a recuperative holiday. Application must come via a social worker or professional agency.

HOLIDAYS

Financial Help & Wish Granting

The AdCare Holiday Fund

020 7454 0454

e-mail holidayfund@mencap.org.uk

Part of Mencap they give grants to individuals with a learning disability to go on holiday or help pay for a carer to go with you.

Dave Lee's Happy Holidays

01227 728240

www.daveleehappyholidays.org.uk

Provide holidays, short breaks and outings for disabled, sick and underprivileged children of Kent.

Dial a Dream

020 8530 5589

www.dial-a-dream.co.uk

Grants wishes to children aged 3-18 with life threatening and life limiting illnesses.

Dreamflight

01494 722733

www.dreamflight.org

Organise trips to Disneyworld, Florida for 8-14 year olds who are physically disabled or have been seriously ill.

Dreams Come True

01730 815000

www.dctc.org.uk

Charity that fulfils the dreams of children aged 2-21 who are suffering from a serious, degenerative or terminal illness.

The Family Fund

0845 130 4542

www.familyfundtrust.org.uk

Provide grants for holidays and short breaks for severely disabled children and their families.

The Family Holiday Association

020 7436 3304

www.fhaonline.org.uk

Provide grants for low income families for holidays. Applications must come from social workers or similar professionals.

3H Holiday Fund

01892 860207

www.3hfund.org.uk

Organise subsidised group holidays for physically disabled children and adults with the support of volunteer helpers. Also provide grants to families on low income with a physically or mentally disabled dependant to have a modest UK holiday.

Happy Days

0870 770 0324

www.happydayscharity.org

Happy Days is a charity that provides special holidays for children who suffer from severe illnesses and disabilities.

Holiday Endeavour for Lone Parents (HELP)

01427 668717

www.helphols.co.uk

HELP is a national charity offering low cost and subsidised holidays throughout the UK for lone parents & their children.

Merlin's Magic Wand

0870 429 2374

www.merlinsmagicwand.org

Provide experiences to a range of theme parks and attractions including Legoland, Alton Towers and the London Eye. Applications can come from individuals or from groups working with seriously ill, disabled or disadvantaged children.

Make A wish Foundation

01276 405060

www.make-a-wish.org.uk

Grants the wishes of children aged 3-17 suffering from life-threatening illnesses.

Pearsons Holiday Fund

020 8657 3053

www.pearsonsholidayfund.org

Provide financial grants to assist disadvantaged children aged 4-16 to have holidays or take part in similar activities. Families have to be on benefit level income. Applications must be submitted by social worker, health visitor or professional agency.

HOLIDAYS

React Charity

020 8940 2575

www.reactcharity.org

Help improve the quality of life for financially disadvantaged children with life-limiting illnesses by reacting quickly to their needs. Offer family holidays in one of eight holiday homes around the country. Also offer equipment (see Aids & Equipment Section for more info)

When you Wish Upon A Star

0115 979 1720

www.whenyouwishuponastar.org.uk

Realises dreams for sick children up to the age of 16, also organise trips to Lapland.

Travel Insurance

All Clear Travel

0845 250 5250

www.allcleartravel.co.uk

Provide medical travel insurance for all who have pre-existing medical conditions, a disability or special need, whilst also offering standard insurance to cover family and friends.

Free Spirit Solutions

0845 230 5000

www.free-spirit.com

Offer a range of tailor made holiday insurance including cover for pre-existing medical conditions.

Terra Blu

01892 529429

www.terrablue.com

Provide travel insurance for people with disabilities and pre-existing medical conditions.

Venture Sure

0845 230 3521

www.venturesure.co.uk

Provide travel insurance for people with pre-existing medical conditions. Claim to have no exclusions or extra premiums for special needs.

What is a Short Break?

Short-term care breaks provide an opportunity for parents/carers to have a break from caring and also give the child or young person opportunities to do new things, make new friends and to become more independent.

They can include daytime, evening and overnight activities and can take place in the child's own home, a family based setting, or a residential or educational or community setting.

They are specialist additional services to support disabled children and their families, over and above the universal services available to all families. There are several types available including family based, residential, or services arranged and purchased by families themselves via direct payments. For short breaks provided by Children's Social Services telephone 08458 247 247

Short Breaks Transformation Programme

Kent has been chosen as one of twenty one local authority areas to lead the way in transforming short break services for disabled children, as part of the Aiming High for Disabled Children programme.

The aim is to increase the quality, quantity and range of provision of short term breaks for disabled children in Kent through:

- services in family's own home - including both overnight, day care, and sitting services
- day, evening, weekend and holiday activities
- foster care provision for short breaks - both overnight and day care
- provision of overnight residential care for children with complex needs
- services for children requiring palliative care
- fuller use of school facilities
- enhancement of transport provision
- provision for 14+ age group

SHORT BREAKS

Direct Payments

Following an assessment from Social Services for assistance or support, Direct Payments offers you a cash alternative enabling you to purchase your own care package. This option enables you to have more control and flexibility over the type of assistance, when it is provided, how and by whom.

Children & Families Direct Payment Support Scheme (CFDPSS)

This is a support service for disabled children and their families who are interested in taking up direct payments. It is managed by The Parents Consortium, a parent-led voluntary sector organisation based in Hextable, Kent. Contact details:

Helpline: 01322 669 245

Email: info@cfdp.co.uk

Windchimes

Reynolds Close, Herne Bay, Kent CT6 6DS

01227 741748

Windchimes is a newly built disabled children's resource centre that comprises of a six-bed residential short breaks unit, The Beach Hut, which is managed jointly by Health & Social Services & where children with the most complex needs can stay for up to 7 nights to give their families a break.

Adjoined to this is a well equipped resource centre which is managed by The Children's Society & includes a reception area with cafe facilities, multi-sensory room, spa pool, soft play room, kitchen with fully adjustable height worktops, flexible use playroom, ICT room and a large multi-sensory garden. These facilities are available to hire by families, groups and organisations. To arrange a visit or to find out more contact the centre.

The Children's Home Care Team

01227 864125 (Sue Hollingsworth)

Provide home based short breaks, maximum of 4 hours Mon-Fri 9-5, for parents & carers with children aged 0-19 who have either complex health needs, Global Development Delay, physical disabilities or a dependency of low/medium. Covers East, referral via professional (i.e. Health Visitor, GP, Social Worker, Specialist Nurse Advisor, Community Nurses)

East Kent Crossroads

www.crossroads.org.uk

Beach House, Beach Street, Herne Bay, CT6 5PT 01227 742030
(Covers Canterbury, Swale & Thanet)

Provides paid trained carer staff to give carers home-based regular or occasional breaks for a few hours. The care is free and offered, where possible, at the time best suited to the family, this can be during the day, evenings or weekends. Referrals can be made by anyone, including carers themselves.

Demelza House Children's Hospice

Rook Lane, Bobbing, Sittingbourne, Kent. ME9 8DZ

01795 845200

www.demelzahouse.org

Hospice caring for children living in the South East providing a home from home environment that is lively, colourful & often full of laughter. It helps not only those who are terminally ill, but also whose lives will inevitably be short & often very difficult.

Drop and Shop

Windchimes, Reynolds Close, Herne Bay

01227 741748

Run by The Children's Society this is an opportunity for families to 'drop' their children off at Windchimes where they are engaged in a range of play/activities designed around their individual needs. You are then free to go and do your shopping for a few hours. Referral via Social Services.

SHORT BREAKS

Footprints (Kent Kids Miles of Smiles)

Stodmarsh Road, Fordwich, Canterbury CT3 4AP

01227 780796/785067

www.miles-of-smiles.org.uk

A unique respite house for sick and/or disabled children ages 3-17 with rooms themed with fairy-tales such as Cinderella, Aladdin, Peter Pan & Sleeping Beauty. Also has sensory room, garden with playground, large woodland area & adapted minibus. Parents can self-refer. Also recently opened Redwalls - a care home next door for 18+ year olds.

Kent Link Scheme

www.kent.gov.uk

0845 330 2968

The Kent Link Scheme recruits volunteers who provide regular short breaks for disabled children. The breaks may be for a few hours weekly, fortnightly or monthly - dependent upon the availability of the volunteer and the needs of the individual child.

For many families caring for their disabled child can be exhausting. A link volunteer can not only provide the space and time a family may need from caring full time for their child, but also present the child with a range of new social and recreational opportunities and experiences.

KIDS

Kids is a national Charity dedicated to helping children and young people with special needs and their families. They currently run a Saturday Club and Holiday Playscheme. For further details see Leisure section

SHORT BREAKS

Preston Skreens Family Support Unit

402 Minster Road, Minster-in-Sheppey, Sheerness. ME12 3NS
01795 874865

Provide short breaks for severe learning difficulties for children aged 5-18 years living in Medway & Swale.

Care can be from Monday- Friday (dropped off after school Monday and sent to school Friday morning) or Friday - Monday (drop off after school Friday and send to school Monday morning)

Volcare

01227 749400

Beach House, Beach Street, Herne Bay CT6 5PT

Offers carers flexible home based short breaks. Following an assessment, volunteers are introduced to the family and can offer support in different ways, either working alongside the parent sharing the care of the child, staying at home with the child whilst the parent goes out for a day or in some circumstances, looking after the child for a weekend.

This service suits families where the Carer can take a lead role in instructing and guiding the volunteer and is helpful if families can plan ahead and book the service to fit a time of need. Carers can self-refer. Volcare is fully funded by Social Services and there is no charge to Carers.

Leisure

Under 5s - Canterbury District

Canterbury & District Early Years Project

01227786420

www.canterburydeyp.org.uk

Run a wide variety of groups in various locations across the district. All services are open to disabled children and include Parent, Baby and Toddler Groups & a Parent's Breakfast Club.

Caterpillar Music (Canterbury & Whitstable)

01227 732222

e-mail: louise.gibbens@caterpillarmusic.com

Lively, educational & fun, children are captivated by the puppets, instruments & songs. Aimed at 0-4yr olds, sessions are also friendly places for parents to meet in a relaxed atmosphere.

All Saints Hall, Church Street, Whitstable - Wed 9.45am

The New Village Hall, Chartham - Thursdays - 9.40am for 18m and 10.30am for babies up to 18m.

Locomotion

e-mail: carolinestevenson@talktalk.net

01227 379078/07801 371264

Music and dance, children learn balance, co-ordination, agility working with beanbags, balls & hoops, parachute fun, action songs and lots more. Children with special needs very welcome. Classes cost from free to £4, depending on venue.

Kingsmead Leisure Centre, Canterbury, 2-5yrs Thurs 10.15am

Chartham Village Hall, Chartham, 2-5 yrs Mon 10.15am

Joy Lane Children's Centre, Whits, 6m - 2yrs Fri 11.00am

Poppy Children's Centre, Herne Bay Tue 10.00am

Play Gym

Kingsmead Leisure Centre, Canterbury

www.activelifeltd.co.uk

01227 769818

An organised activity for pre-school children aged 5 and under. A variety of play equipment to encourage being active including some special needs equipment. Mon, Wed & Fri 9.45-11.45am

Mobile Toy Library

01227 479447

Loans toys for children, pre-school groups & reception classes and aimed at children from 0-5 yrs, or all ages if they have additional needs. Membership is £2.50 & most toys are 50p to loan.

Poets Corner, 11a South Street, Canterbury Tue & Thurs 10-1

Riverside Children's Centre, Canterbury Mon 9.30-11.30

SNAAP-EY's

01227 367555

www.snaap.org.uk

Run two parent & toddler groups specifically for children with special needs. Parents can offer each other support whilst their children play. Groups are term time only.

Riverside Children's Centre, Canterbury Wed 12.30-2.30

Windchimes, Herne Bay Tues 10.00-12.00

Water Babies

01622 662589

www.waterbabies.co.uk

The main emphasis is on having fun but also highly structured, with a carefully designed plan for babies from birth to 24 months. They cater for all abilities & can adapt lessons to suit individual needs including using visual prompts and signing. Lessons being held at St. Nicholas School, Canterbury & Wyvern School, Ashford.

Whitstable Gym Club

www.whitstablegymnasticsclub.co.uk

3 Tyler Way, Swalecliffe, Whitstable CT5 2RR

07763 987225

Children with additional or special needs welcome.

Bunny Hoppers - Parent & Toddler classes held for children up to 3 years. Soft play, warm up, songs, ribbon & stick are used to encourage co-ordination.

Little Leapers - For children aged 3-5 and include song, sticks, ribbons and gentle exercises to help balance, spatial awareness and fine motor skills.

LEISURE

Under 5's - Dover District

All Sorts of Music

Ham, Nr Sandwich

07974090536 (Kate Griffin)

www.allsortsofmusic.co.uk

Hold baby, toddler and pre-school mornings including singing, dancing, baby signing and basic instrumental exploration. Children with special needs very welcome.

Baby Bounce & Rhyme

Dover Discovery Centre, Children's Library, Market Square, Dover

01304 210101

Informal group for pre-school children where they sing songs, listen to nursery rhymes and play with toys. Children with additional needs are very welcome. Also plan to develop an interactive multi-sensory story time. Thurs 11am-1pm, free.

Deal Gym Club

www.dealgymnastics.co.uk

Victoria Park, Mill Road, Deal, Kent, CT14 9AB

01304 363817

Parent & Toddler drop-in play sessions for children aged 0-4 years. Children with additional needs welcome. Tues, Wed & Fri 9.30-11.30am, costs £3 per child.

Pre-School Coached Gym - classes are coached in small groups involving hand apparatus, basic gymnastic skills and finishing with an action orientated song. Booking required.

Dover Gym Club

www.dovergymclub.com

2 Poulton Close, Dover, Kent, CT17 0HL

01304 226088

Kindergym - drop in session for children under 5 with songs & gentle warm up's, then trying equipment supervised by a qualified pre-school coach. Thurs 11.30am-12.30pm, £3.50

Pre-School - For children aged 3-5 yrs, led by qualified pre-school coaches, help develop motor skills, balance and co-ordination. Thurs 10-15 - 11am & 1.00-1.45pm, Booking required.

P.I.P.S (Play, Information, Parent Support)

Aylesham Neighbourhood Project, Veranda Block, Ackholt Rd, Aylesham,
01304 840134 www.aylesham-np.org.uk

For parents of disabled children or those with additional needs.
Provide crèche workers to play with children while parents have a
break. Guest speakers are invited. Also have multi-sensory room.
Thurs (term-time only) 12.30-2.30pm, Bring packed lunch.

Under 5's Swale Borough

Boogie Tots

07917 341412 www.sammieshippopdance.com

For parents and toddlers to learn to dance, have fun and
interact positively. Warm up games, co-ordination & rhythm to
nursery rhymes and modern music. Classes are mostly free or
cost £1 & run in association with Children's Centres as follows:
Grove Park Children's Centre, Sittingbourne Mon 1.00-2.00
Lillypad Children's Centre, Minster on sea Wed 10.30-11.30
The Borough Hall, Queenborough Thurs 1.00-2.00
Woodgrove Children's Centre, Sittingbourne Fri 1.00-2.30

Buddies Parent & Toddler Group

Doddington Village Hall, Doddington
01795 890596 (Michelle)

Fully accessible mainstream group open to any abilities and
have a few special needs children attend. Friendly group who
accept and include everyone. £1.50, Thurs 10.00-11.30am

Family Action Faversham

r/o 81 Preston Street, off Leslie Smith Drive, Faversham ME13 8NU
01795 539910 www.family-action.org.uk

Provide a range of services to meet families' needs including
emotional support, home-visits & DLA forms. Toddler groups:
Alexander Centre, Preston Street, Faversham Thurs 10-11.45
Bysing Wood Childrens Centre Tues 9.30-11.30 (term time)

LEISURE

Family Support Services

Seashells Children's Centre, Rose Street, Sheerness ME12 1AW

01795 667070

www.sheerness.surestart.org

Provide support to all families living in Sheerness with a pre-school child. Can offer services in your own home or at Seashells and include baby massage, routines & boundaries, play & stimulation & assisting families in building their parenting strengths.

Faversham Gym Club & Adventure Play

Queen Elizabeth II Jubilee Centre, 23a Whitstable Road, Faversham

01795 532132

www.favershamgym.freeserve.co.uk

A coach helps use equipment such as trampolines and inflatable shapes and there is singing using ribbons and wands. Children with additional needs welcome. Tues & Thurs they are closed to the public & allow bookings exclusively from special needs groups.

Tumblers Parent & Toddler - Classes for children under 2 $\frac{1}{2}$ yrs

Preschool - For children over 2 $\frac{1}{2}$

Iwade Parent & Toddler group

Iwade Village Centre, School Lane, Iwade ME9 8UW

01795 439892 (Hall)

Friendly group with toys, crafts, books and puzzles that welcomes children with additional needs. £1.50 for the first child and 20p for each additional child. Tues 9-11am.

Toy Library

Seashells Children's Centre, Rose Street, Sheerness ME12 1AW

01795 667070 (Gaynor or Gayle)

Has a nice selection of toys available, free to loan, including sensory and tactile. Available during 'Eat & Meet' community lunch on the second Monday of each month 12.30-2pm.

Under 5's -Thanet District

Pie Factory Music

67a Chapel Road, Ramsgate

www.piefactorymusic.com

01843 596777

Vocal Babies - Using puppets, musical instruments and basic signs help develop listening, co-ordination and communication. For babies aged 3-18 months. Mon 1.15 - 2.15pm. To book call Victoria Jane Fagg on 0751 5144759.

Early Years - As simple singing, rhythm and movement class for children aged 18 months - 4 years. Wed (not weekly)

StageDoor Theatre Company

Stage Door Studios, 45a High Street, Broadstairs, CT10

07974428139

www.stagedoor-theatrecompany.com

Also have a sensory room you can hire privately, run Sensory Classes, Baby Massage, Baby Signing and Baby Yoga. Children with special needs welcome in all classes.

Cherubs - parent & toddler group, £3

Baby Ballet - Use stretches, music, song and dance to create a fun class & increase body awareness and control, £3

Chorus Kidz - A fun, interactive class to get babies as vocal as possible with songs, games, instruments & puppets. £3

Little Stars - Music, singing & dance for 2-3 year olds, £2.50

Thanet Early Years Project

01843 591200

www.thanetearlyyears.org

Provide early years care and education in four settings in Thanet as well as numerous creches in the area. They are an inclusive organisation and welcome all children and families.

Toy Libraries

Children's Centres that loan toys, including some sensory and tactile. £1 for a year's membership then 10p per toy you loan.

Newlands Children's Centre, Ramsgate 01843 595110

Millmead Children's Centre, Margate 01843 280555

LEISURE

Under 5's - East Kent Wide

Baby Rhyme Time

Local Libraries (and gateway)

www.kent.gov.uk/LibrariespublicUI

08458 247 247

An informal session held at your local library. Carers/parents and their children join in with singing popular action songs. There are booklets available for you to practise with your child at home. For details of your nearest participating library visit the website or telephone.

Home-Start Family Groups

Sessions held weekly, term time only in various locations. Ideal to socialise and make friends, share ideas and experiences.

Canterbury & Faversham - sessions held in Canterbury, Herne Bay, Whitstable & Faversham

01227 472050

www.homestartcanterbury.org

Dover - Sessions held in Dover, Aycliffe and Deal

01304 242314

www.home-startdoverdistrict.org.uk

Swale - Sessions held in Sittingbourne

01795 429007

www.home.btconnect.com/Home-Start_Swale

Sing and Sign

01303 891951

www.singandsign.co.uk

The programme contains BSL, Signalong and Makaton - all of which are compatible with each other. The first session is free to try and a 10 week course costs £58. Courses are held in Ashford, Canterbury, Herne Bay, Dover & Thanet.

Sign and Smile (Herne Bay & Thanet)

07506 683 524 (Laura)

www.signandsmile.co.uk

Learn signs through fun and exciting activities such as nursery rhymes, musical instruments, story time, puppets, action songs or games. Courses held in Herne Bay & Thanet.

Kent Children's Centres

CIFS 08000 32 32 30

www.kent.gov.uk/childrenscentres

Provide information and offer services for families with young children aged 0-5 years. Each centre offers a variety of services including, childcare provision, ante-natal classes and baby clinics, parent courses, baby massage & drop-in sessions. Most run sing & sign sessions and Makaton courses and have access to a sensory room. A few centres also offer after school clubs & activities for older children but are limited to those living close to the centre.

Children's Centres - Canterbury District**Canterbury**

Riverside Children's Centre www.riverside.childrencentre.org

Riverside Children's Centre, Kingsmead Road 01227 475550

Little Hands Children's Centre

Hollowmede, Wincheap, CT1 3SD 01227 457087

Herne Bay

The Poppy's Children Centre 01227 289345

Parkside, Kings Road, CT6 5RG

Briary Children's Centre

Briary Primary School, Greenhill Road, CT6 7RS

Whitstable

Swalecliffe Children's Centre 01227 272105

Swalecliffe Primary Schl, Bridgefield Rd, CT5 2PH

Joy Lane Children's Centre 01227 263998

Joy Lane Primary School, 50 Joy Lane, CT5 4LT

LEISURE

Children's Centres - Dover District

Dover

- Aylesham Children's Centre** 01304 840134
c/o Aylesham Neighbourhood Project, Ackholt Rd, CT3 3AJ
- Buckland Children's Centre**
St Nicholas Church, The Linces, CT16 2BN
- The Buttercup Children's Centre** 01304 226919
Triangles Community Centre, Poulton Close, CT17 OHL
- The Samphire Children's Centre** 01304 226919
Aycliffe Primary School, St David's Ave, CT17 9HJ
- The Sunflower Children's Centre** 01304 831793
Eythorne Elvington Sch, Adelaide Rd, Eythorne, CT15 4AN
- Tower Hamlets Children's Centre** 01304 226919
Ark Christian Centre, Noah's Ark Rd, CT17 1DD

Deal & Sandwich

- Blossom Children's Centre** 01304 226919
Hornbeam Primary Sch, Great Mongeham, Deal CT14 9PQ

Children's Centres - Swale Borough

Faversham

- Bysing Wood Children's Centre** 01795 531555
Bysing Wood Primary School, Lower Rd, ME13 7NU
- St Mary of Charity Children's Centre** 01795 591131
St Mary of Charity Primary Sch, Orchard Pl, ME13 8AP

Isle of Sheppey

- Lillypad Children's Centre** 01795 872163
Minster Road, Minster on Sea, Sheerness ME12 3NZ
- Warden/Leysdown Children's Centre**
Muswell Manor, Shellness Rd, Leysdown, Sheerness ME12 4PR
- Seashells Children's Centre** 01795 667070
Rose Street, Sheerness ME12 1AW

Sittingbourne

Grove Park Children's Centre	01795 477446
Hilton Drive, ME10 1PT	
Woodgrove Children's Centre	01795 438777
Woodgrove Infants Sch, Johnson Rd, ME10 1JS	
Milton Court Children's Centre	01795 474396
Brewery Road, Milton Regis, ME10 2EE	
Murston Children's Centre	01795 436199
Murston Infants Sch, Church Rd, Murston,	

Children's Centres - Thanet District**Broadstairs**

Callis Grange Children's Centre
Callis Grange Nursery & Infant Sch, Brecon Rd, Broadstairs
0782499198

Margate

Cliftonville Children's Centre	01843 231122
Community & Training Centre, St Paul's Rd, CT9 2DB	
Birchington Children's Centre	01843 841082
CEP School, Park Lane, Birchington CT19 4PN	
Garlinge Children's Centre	01843 232682
Caxton Road, Garlinge, Margate CT9 5NR	
Millmead Children's Centre	www.surestartmillmead.org.uk
Dane Valley Road, Margate CT9 3RU	01843 280555
Six Bells Children's Centre	www.margate.surestart.org
46 Hawley Square, Margate, CT9 1NY	01843 254500

Ramsgate

Newington Children's Centre	01843 855570
Princess Margaret Ave, CT12 6HX	
Newlands Children's Centre	01843 595110
Dumpton Lane, CT11 7AJ	
Priory Children's Centre	01843 506561
The Priory Infant School, Cannon Rd CT11 9XT	

LEISURE

School age - Canterbury District

Children and Youth Team

01227 862489

www.canterbury.gov.uk

Part of Community Development Service at Canterbury City Council, they work with 5 to 18 year olds across the district. Children with special needs are welcome although you need to contact them in advance so they can introduce them to an experienced play/youth worker before the session. They will do their best to accommodate any special needs.

511 Team

Provides play opportunities for 5-11 year olds in their local communities. Sessions are free & last for 1 hour & 45 minutes.

Street Runner

A mobile youth facility which provides youth sessions within local communities for young people aged 10-18 years. Sessions are free and last 2 hours.

Say What? - 01227 862125

Canterbury City Councils young consultation scheme which gives young people an opportunity to have their say and express views about the decisions the council is making.

Action Groups - 01227 862125

An opportunity for young people to come together to take action on issues that concern them.

Visit www.notbored.net/activity to find out more

Canterbury Gym Club

www.canterburygymnastics.co.uk

Body & Mind Leisure Centre, Canterbury High School

07941 778057

Run a special needs session on Saturdays, 3.30-5pm. Activities include floor work, trampolining and using apparatus. All disabilities catered for.

Hersden Neighbourhood Centre

Hersden Community Centre, The Avenue, Hersden CT3 4HL
01227 712040

Offers a range of services and activities to its community and welcome children with disabilities/SEN, including:

After School Club - aged 4-11, Mon - Fri 3 - 5.30pm.

Summer Playscheme - aged 4-11, contact for more info

Youth Club, at The Pavilion - aged 12-20 years

Impact dance and cheer Ltd

07710 566827 (Nicola Hyland)

www.impactdanceandcheer.co.uk

Runs various classes across Canterbury and Ashford including a Rosette class, suitable for children with additional needs of all ages. This club includes freestyle dance and the opportunity to enter competitions. Classes run in Ashford and Sturry on Saturdays and in Canterbury on Tuesdays.

Purple Dinosaur

01227 278599

thepdc@hotmail.co.uk

Provide playscheme for disabled children for 2 weeks during the summer holidays. Held at Reculver School in Herne Bay from 10-3 and costs £12 a session.

SNAAP holiday activities

01227 367555

www.snaap.org.uk

Activities are held throughout every school holiday and include days out to local places of interest and taster sessions such as bowling, skiing, skating and horse riding. Some activities are for the whole family and some will be exclusively for the disabled child. Join mailing list to receive activities.

LEISURE

SNAAP Sports Club

Body & Mind, Canterbury High School, Knight Avenue, Canterbury

01227 367555

www.snaap.org.uk

Multi-sport activity club for disabled children aged 8+. Includes trampolining, football, table tennis, new age kurling, boccia and lots of interactive fun and games. Friday 4-6pm (fortnightly). £1.50 a session.

Thanington Neighbourhood Resource Centre

Ashford Road, Canterbury CT1 3XR

01227 767720

www.thaningtonnrc.co.uk

A fully accessible centre open to disabled children & young people.

After-School Club, Mon-Fri 3.30-6pm £6 per session.

Arts & crafts, indoor & outdoor games, TV/DVD, hot snack and drink provided.

Homework Club, Friday 3.30-6pm - 8-16years

Free use of the internet for any homework project.

Junior Youth Club, Friday 6.30-9pm - 9-12 years

Youth Club, Mon, Wed & Thurs 6.30-9pm - 13-19years (up to 25 for young people with learning Difficulties)

Whitstable Gym Club

www.whitstablegymnasticsclub.co.uk

3 Tyler Way, Swalecliffe, Whitstable CT5 2RR

07763 987225

Recreational gymnastic classes for children aged 4-16 years. Children with additional needs welcome. After school on Monday, Tuesday, Wednesday & Friday. Also on a Saturday.

School age - Dover District

All Sorts of Music

Ham, Nr Sandwich

07974090536 (Kate Griffin)

www.allsortsofmusic.co.uk

Teach music to children, regardless of disability. Instruments include piano (with special books for students who struggle to read music books) & drums. Offer trial sessions.

Dover Trampoline Club

Dover Leisure Centre, Townwall Street, Dover, CT16 1LN

01304 201145

During term time only sessions are available for children of all ages and abilities. Private lessons can also be arranged.

East Kent Acro

The Club, Tides Leisure Complex, Victoria Park, Park Avenue, Deal

01304 373399

www.geocities.com/eastkentacro/Home.html

This junior gymnastics club welcome all abilities aged 5-16 years. Contact for more information.

Kidz Club Playscheme

Dover Leisure Centre, Townwall Street, Dover, CT16 1LN

01304 201145

Offer a programme of sports and arts activities for children aged 5-11 years during school holidays. Sessions run from 9-4. They have limited spaces for children with additional needs so call to book a place, from £10 per session.

The Pegasus Play Scheme

07789696358 (Sue Clark)

www.pegasusplayscheme.btik.com

Provide summer holiday activities to children with disabilities in the Dover and Deal area. They enable children to participate in activities alongside their peers, over a three week period each summer. Opportunities provided include sailing, bowling, swimming, ice skating, and local visit.

LEISURE

School age - Swale Borough

Bounce DMT

Minster College, Minster Rd, Minster-On-Sea, Sheerness, ME12 3JQ

Trampoline club that takes all abilities. Sessions cost £3.50

Tuesdays 6.00-7.15pm - All levels ages 7-16yrs

7.15-8.30pm - All levels ages 9-18yrs

Fridays 6.00-7.15pm - All levels ages 7-16yrs

7.15- 8.30pm - All levels ages 9-18yrs

FADS (Family Action for the Disabled in Swale)

01795 418984(Gill Ransley) e-mail:gill.ransley@amicushorizon.org.uk

A project of Swale Carers that organises trips and activities for families living in Swale and who have a disabled child.

Fun Club

Faversham Gymnastics & Activity Centre, Queen Elizabeth 11 Jubilee Centre, 23a Whitstable Road, Faversham ME13 8BF

New group for disabled children and their siblings to have sole use of the soft play area whilst parents and carer's meet and share information and advice in a friendly environment. Every other Tues 3.45-5.45pm. £1 per child. Spaces limited to 50 children. For more information contact Swale Sports Development on 01795 417054/417109.

Gillingham Gymnastics Club

Unit 4, Dajen Business Park, Second Avenue, Chatham, ME4 5AU

01634 720609

e-mail gillingham.gc@blueyonder.co.uk

Run special needs sessions but is not wheelchair accessible. Cost £21 for 6 weeks + insurance payable yearly & club membership. Mon 4.15-5.00pm & 5-6.30pm

Highly Sprung

Swallows Leisure centre in Central Avenue Sittingbourne ME10 4NT
01634 681945

Special Needs session trampolining is run on Wednesdays from 4.15-5pm (term time). Can cater for most disabilities although don't have hoists to lift physically disabled children.

Holiday playscheme

Sheppey leisure complex Off the Broadway, Sheerness, ME12 1HH
01795 668061

A mainstream scheme that is inclusive to disabled children. Staff are trained & the building is fully inclusive. Activities are varied & include, singing sessions, arts & crafts & a bouncy castle. For ages 5-12 years & cost £11.50 a day or £7.50 for half a day.

Jumpers Rebound Centre

4 Mill Road, Gillingham ME7 1HN
01634 855507

www.trampoline.co.uk

The centre is fully accessible with floor level trampolines and a hoist. Coaches are special needs qualified and run weekly clubs but there are very long waiting lists. Can arrange private lessons for between 1-4 children which costs £26 an hour (or £13 for half an hour for 1-2 children).

Play Rangers

01795 417529

A new project to run during school holidays and is free. Rangers will carry out sporting & arts & crafts activities at specific locations across Swale. For children aged 4-12 years. Spaces are limited so complete a registration form from Swale Borough Council. Special needs welcome but phone first so needs can be met.

LEISURE

Ribbons, Grove Park Children's Centre

Hilton Drive, Sittingbourne, Kent, ME10 1PT

01795 477446

A special needs session run during school holidays for children aged 0-18 years. Families stay during the session and volunteers are available to help out if required.

Starquest

Sheppey Little Theatre

01634 400177

Fun & Beginners classes in Street dance, Singing, Drama, Jazz, Ballet & Tap for anyone aged 6-16 years. Currently cater for mild disabilities including dyspraxia, aspergers and mild autism.

School age - Thanet District

Inspiration Theatre

The Gap Project, Queens Road Baptist Church, Queens Rd, Broadstairs

01843 863992

www.gapproject.co.uk

Inclusive theatre group for children aged 8+, with or without special needs to work together to create a piece of theatre.

Pie Factory Music

67a Chapel Road, Ramsgate

www.piefactorymusic.com

01843 596777

Run weekly workshops experimenting in various singing styles and forms of music such as pop, gospel and rock. Parents and Carers are always welcome to stay with their children if they wish to or feel they need to but this is not compulsory.

Vocal Expressions Minis - ages 4-6 years Sat 12-1pm

Vocal Expressions Juniors - ages 7-10 years Sat 10.30-11.45

Vocal Expression Seniors -ages 11-18 years Tues 5.30-7pm

StageDoor Theatre Company

Stage Door Studios, 45a High Street, Broadstairs, CT10

07974428139

www.stagedoor-theatrecompany.com

Inclusive drama group where children have a range of needs and abilities. Includes use of sensory facilities and have staff who use sign language. Mon 4.45-5.30pm, costs £2.50 per session.

TADSAD (Thanet and District Sports Association for People with Disabilities)

01843 599912

Run weekly sports club at Ramsgate Sports Centre for disabled children including trampolining, table tennis & football.

TADPOLES

07930 861566

Branch of TADSAD for younger children aged 5-11 years. Wed 4.30-6.00 at Ramsgate Sports Centre.

Thanet Disability Sports Project

01843 577032

e-mail: chris.gunn@thanet.gov.uk

A 3-year project which aims to enable and encourage more children with disabilities to use local facilities and take part in sporting activities. Activities open to disabled children aged 8-16 years and those 16+. Summer events include Archery, Golf, Ten-Pin Bowling and Beach Sports.

LEISURE

School age - East Kent Wide

KIDS playschemes

www.kids.org.uk

01795 432835

Saturday Club

Runs twice a month 10-1 for children aged 5-12 who have special needs. Offers a variety of activities designed to be fun, creative and stimulating. Costs £7.50 per session. Referral via Social Services or self referral.

Summer Playscheme

Run daily 10-3 for 4 weeks during summer holidays (2 weeks for 5-12 yrs & 2 weeks for 13-18 yrs) Costs £12.50 per day. Referral via Social Services only. Covers Canterbury, Dover, Swale & Thanet.

Youth Social Clubs & Activities - Canterbury District

Crypt Club

Christchurch Crypt, William Street, Herne Bay

01227 283548

Social club for young people aged 11-25 with learning disabilities and their parent/carers. Activities include a disco, playstation & pool. Meet on the 4th Thursday of every month.

SNAAP Inclusive Youth Club

Riverside Youth Centre, Kingsmead Road, Canterbury

01227 367555

www.snaap.org.uk

A mainstream Kent Youth Service club, run in partnership with SNAAP, and open to disabled young people aged 12-20. Activities include pool, computers, football and arts & crafts. 50p entrance.

SNAAP 'Zone Out'

Whitstable Youth Centre, Tower Parade, Whitstable

01227 367555

www.snaap.org.uk

Youth Club for disabled young people aged 12+ to socialise and learn new skills. Activities include play station, wii, pool, arts & crafts, outside games and computers. Every other Sunday 5-7pm. 50p entrance.

Youth Social Clubs & Activities - Dover District

Sunday Youth Club

Archers Court Youth Centre, Melbourne Avenue, Whitfield, Dover

01303 892043

For young people aged 12-20 with special needs and disabilities. Runs every Sunday (term time only) from 1.30-4.30pm and offers a range of activities from cookery to karaoke. The club offers a social opportunity in a safe and well staffed environment with sessions costing £2.50.

Youth Social Clubs & Activities - Swale Borough

Friends Fab Four

New House Youth Centre, Chalkwell Road, Sittingbourne ME10 2LP

01795 423836

A social inclusion club that provides a safe place for young people with a range of different needs and abilities to meet. Activities include pool, art, music, sport & games. Mainstream sessions also welcome special needs. For ages 12-25 on Wednesday's 6.30-9pm.

Faversham Youth Centre

46 South Road, Faversham, ME13 7LR

01795 532238

Special needs night every Monday 5.30-7.30pm for young people to relax, meet new friends & gain independence. Mainstream sessions run nightly & welcome disabled young people.

Youth Social Clubs & Activities - Thanet District

The Web

The Gap Project, Queens Road Baptist Church, Queens Rd, Broadstairs
01843 863992 www.gaproject.co.uk

A recreational group for disabled people aged 16+. A varied programme of craft, music, themed evenings and outings. 1st & 3rd Tuesday every month, 5.30-7pm.

Mencap Disabled Youth Group

East Kent Mencap, Gateway House, 132 Northdown Road, Cliftonville
01843 230449 e-mail admin@moorecommunication.co.uk

For disabled young people aged 11-25 and their parents/carers and meets monthly on a Tuesday 6-8pm.

Ramsgate Youth Centre

Concorde Youth Centre, High Street, St Lawrence, Ramsgate
01843 592014 email roy.bonner@kent.gov.uk

A mainstream youth club that is open to disabled young people. They also run disabled activity days throughout the holidays. Do not have disabled accessible toilets.

Youth Social Clubs & Activities - East Kent

STEPS - Saturday Club

St Nicholas School
01227 464316

Run monthly on a Saturday for disabled children aged 11+. Activities will include sport, arts and crafts and cooking. For any child living in East Kent, do not need to attend the school.

Befriending/Mentoring

KIDS Befriending/Inclusion Scheme

01795 432835

www.kids.org.uk

For young people aged 13-18 that need additional support to attend mainstream leisure activities/clubs. A 'buddy' will help the young person integrate into mainstream clubs. Referral via Social Services only.

Me2

01634 281841

www.kentyouth.org

A social inclusion project within mainstream leisure, for disabled young people aged 13-19. They recruit train and support young people to be Inclusion Mentors who then help a young disabled person set and achieve inclusion based goals.

Sports

KCC's Sports, Leisure & Olympics

01732 525389 (Mike Bishop)

www.kentsport.org

Help disabled people break down the barriers which can stop them enjoying various outdoor sport and leisure activities and aims to increase opportunities in outdoor and rural sport for disabled people in Kent. Follow the link on the website for a comprehensive guide to these activities.

Athletics

Newington Community Sports Club

Newington Recreation Ground, Orchard Drive, Newington

01795 418982

A fully inclusive club that carries out training in traditional athletic skills. All activities are adapted where needed to allow everyone to be included. Mondays 5-6pm for beginners 6-7pm for the more advanced. For 8yrs and over, free of charge.

LEISURE

Basketball

Valley Vipers Basketball Team

Valley Leisure Centre, Folkestone

01233 613026

Cater for all ages & ability & have specialised wheelchairs designed for sports. They run every Sunday, 10am-12pm, costs £3.50

Sittingbourne Wheelchair Basketball - Black Pearl WBC

Swallows Leisure Centre, Sittingbourne

07516 605379

Email: SittingbourneWBC@aol.com

Train every Tuesday between 8-10pm. Suitable for anyone who is able to push a wheelchair on their own and have use of your upper body.

Dover and Deal Boccia Association

01304 822602

This Boccia and New Age Curling club is specifically for those with disabilities and runs from Dover Leisure Centre on Tuesday 2- 4pm. Season runs from mid Sept to late July and welcomes ages 16+. The first week is free, then £2 per week.

Bowling

AMF Bowling

www.amfbowling.co.uk

Accessibility is excellent for use of all lanes. Ramps are available on every lane and bumpers on the side of the lanes can be put up if needed.

Margate - Addington Street, CT9 1PW

0844 8263024

Whitstable Bowl, Tower Parade, CT5 2BJ

0844 8263037

Bugsy's Tenpin Bowling & Sports Bar

Ethelbert Crescent, Cliftonville, CT9 2DY

01843 228632

www.bugsys.info

12 fully automated lanes, ramps for launching, lightweight balls lanes with bumpers on each side, wide gangways and washrooms with wheelchair access.

Bugsy's Ice & Bowl

St George's Centre, St George's Place, Canterbury CT1 1UL

01227 379050

www.bugsyscanterbury.co.uk

Have 8 lanes with ramps available for wheelchair users to launch balls. Ice rink is synthetic so wheelchairs cannot go on it but they have a special chair that you transfer into.

Climbing

All Ability Climbing Club

Arethusa Venture Centre, Lower Upnor, Rochester, ME2 4XB

01732 525433

e-mail: paul.panton@kent.gov.uk

Meet every two weeks on a Monday evening for a 1½ half hour session of climbing varying degrees of outdoor and indoor walls. Offers a safe, professional and social environment for people of all abilities to come along and enjoy.

Cricket

Kent Cricket Board

St Lawrence Ground, Old Dover Road, Canterbury CT1 3NZ

01227 473618

e-mail: clair.gould.kent@ecb.co.uk

KCB are very keen to develop cricket for disabled people and would welcome anyone who is interested in joining a team. For more information contact Clair Gould.

LEISURE

Whitstable Cricket Club

01227 473618

e-mail: clair.gould.kent@ecb.co.uk

Inclusive club that offer traditional cricket as well as table top. All disabilities welcome, contact for more information.

Inclusive Cricket Club

St Nicholas School, Holme Oak Road, Canterbury

01227 464316 (Dave Phillips)

Tuesday (term time only), from 3-4.30pm and costs £2. All abilities welcome and you do not need to attend the school.

Cycling

Fowlmead Country Park

off A258, Sholden, Nr Deal CT14 0BF

01304 615390

www.fowlmead.co.uk

A 200-acre park regenerated from the shale spoil tip of the former Betteshanger Colliery. Has a state-of-the-art 3.6km cycle track. The facility has standard bikes for hire and will soon have a collection of adapted bikes for hire.

Hythe Ability Cycling Group

Goudhurst, Cranbrook, TN17 2SL

01732 525433

e-mail: paul.panton@kent.gov.uk

Anybody of any ability can join the club which offers a variety of adapted and non adapted cycles for use alongside the picturesque Royal Military Canal or Hythe's fantastic seafront. The club is operated by a qualified cycling coach who is available to offer support and instruction.

SPOKES

01227 830336 (Steve Fawke - Chairperson) www.spokeseastkent.org.uk

Produce printed cycle maps for all of the towns in East Kent, publish a free monthly newsletter and also organise a full programme of rides and cycling events in and around Kent.

Step Forward Cycling for the Disabled

01732 525433

e-mail: paul.panton@kent.gov.uk

Operating from Minnis Bay near Birchington the club uses the route from Minnis Bay cycling along the seafront to Reculver which offers a safe & scenic route. Have a number of adapted & non adapted bicycles to suit all abilities. Join as independent members. Price of membership starts from £25 a year.

Football

Kent County Football Association Ltd

01634 812032

www.kentfa.com/Development/DisabilityFootball

There are a number of clubs operating disability football in Kent. This site is up-dated regularly so check what is on in your area or contact the disability football development officer at e-mail: stephanie.gad@kentfa.com

All Stars Club

www.canterburycityfc.com

Body & Mind Leisure Centre, Canterbury High School, Canterbury

07784 671502 (Keith Vaughan)

Canterbury City Football Club has a special needs team that meet 10-11.15am on Saturdays with coaching based on giving children enjoyment but with achievable targets. Also run football training at the SNAAP sports club.

Chatham Town FC Disability Football

Black Lion Leisure Centre

01634 325531

e-mail: kingston14@blueyonder.co.uk

Qualified coaches teach 8-14 years with any ability. Fully accessible venue. Mon 4.30-5.30 (term time only). 50p entrance.

Gillingham FC

0759 084 4485 (Joe Hopkins)

Have a disability team with players who have various disabilities. They do not exclude anyone & train on a Saturday morning from 10-11am at Dane Court School in Gillingham.

LEISURE

Gillingham Mean Machines - Powered Wheelchair Football

Chatham Grammar School for Girls, Rainham Road, Chatham ME5 7RH
01634 377300 (Nurinder Bhoji) e-mail: nurinderb@gmail.com

Football for children in powered wheelchairs aged 10+, bumpers provided. Qualified coaches teach an adapted game. Carers are to stay on site and tea & coffee will be provided. Fortnightly on a Saturday 1.30-3.30, £2 a session.

St Margaret's All Stars Disability Football Club

Castle Community College, Mill Road, Deal CT14 9BD

07779 275983 (Alison) www.clubwebsite.co.uk/stmargaretsfcallstars

Provide competitive and fun football for disabled adults and children aged 6+. All ages and abilities welcome including Pan Disability, Manual & Powerchair and Specific Teams. Sundays 10am-12 noon. £2.50 weekly.

Thanet Galaxy Pan Disability Football Club

Chatham House School, Ramsgate

07599 302954

www.thanetgalaxy.co.uk

Hold weekly training sessions for disabled people to play football and are also in the Kent Disability Football League. Training every Thursday 7-8.30. Costs £2

Golf

Kent Golf Partnership

Has four centres dedicated to organising and delivering golf coaching sessions to anyone with a disability.

Canterbury Golf Club, Canterbury - Daniel Maude

01227 453532

e-mail: danielmaude22@hotmail.com

Boughton Golf Club, Faversham - Greg Haenen

01227 752277

e-mail: greg@pentlandgolf.co.uk

Etchinghill Golf Club, Folkestone - Steve Mitchell

01303 863863

e-mail: stevem@pentlandgolf.co.uk

Manston Golf Centre, Manston - Gary Bason

01843 590005

e-mail: gary@positiveimpactgolf.co.uk

Horse Riding

Chaucer Stables

Kake Street, Waltham, CT4 5SB

01227 700396

Provide indoor & outdoor riding facilities for disabled people.
One-to-one teaching during school holidays only

Riding for All

The Paddocks, 76 New House Lane, Canterbury, CT4 7BJ

01227 451721/07734189902

www.thepaddocks.org

Provide opportunities for children that would otherwise be excluded, due to issues such as behaviour difficulties.

Riding for the Disabled

02476 696510

www.riding-for-disabled.org.uk

RDA offer riding as a form of therapy for disabled people.

Canterbury RDA

01227 830043

Cobbes Meadow, St Augustine's, Chartham.

Dover RDA

01304 380369

Cornilo Group, Sutton Court Farm, Sutton by Dover, CT15 5DF

Thanet RDA

01843 863481

Maurice House, Callis Court Road, Broadstairs. CT10 3AH

Martial Arts

Kent Karate School

01227 370055

www.kentkarateschools.co.uk

Teaches a wide variety of martial arts to children and adults and especially encourages people with Aspergers Syndrome & other levels of ASD. Runs clubs in Canterbury, Herne Bay, Ashford, Broadstairs, Margate & Ramsgate

LEISURE

Karate Club

01303 256053/07768 126171

www.learnkarate.org

Accommodates all children aged 6 onwards regardless of disability or special need. Sessions held in Canterbury, Herne Bay & Whitstable, Dover, Folkestone, Sandwich, Margate, Hersden, Sandgate, Lympne & Hawkinge.

Sitting Volleyball

Invicta Hellhounds

07710 772533 (Tom Middleton)

www.invicta-hellhounds.co.uk

Providing sitting volleyball facilities and training for people with lower body mobile disabilities and wheelchair users.

Skiing

Folkestone Ski Centre

Radnor Park Avenue

01303 850333

www.folkestonesports.ndo.co.uk/swimski

All year round dry ski slope suitable for all abilities including physically disabled. Open or private sessions, their aim is to get everyone skiing, regardless of their disability. British Ski Club for Disabled run a monthly club, for more information contact:

British Ski Club for Disabled

01303 249182

www.bscd.org.uk

Swimming

Dover Leisure Centre - Disabled Swim Sessions

Townwall Street, Dover, Kent, CT16 1LN

01304 201145

www.vistaleisure.com/dover-home.aspx

Hold Disabled Swim sessions on a Wednesday evening 6.30pm to 7.30pm and a Friday evening 6pm to 7pm term time only. Offer excellent concessionary rates for disabled people.

Dover Swim School

Dover Leisure Centre, Townwall Street, Dover, CT16 1LN
01304 201145

Carefully designed to offer a full programme of swimming lessons for all ages and abilities. They have qualified teaching staff and swimmers can gain award levels through training. Sessions vary depending on level and start from £15.70.

Hartsdown Leisure Centre - Disabled Swim Sessions

Hartsdown Park, Hartsdown Road, Margate, CT9 5QX
01843 226221

Saturday 3.00pm- 4.30pm: a free swim session for disabled children under the age of 16, and their families. Join scheme by completing a registration form (proof of age needed). One concessionary adult swim per disabled person.

Heron Swimming Pool - Disabled Swim Session

William Street, Herne Bay CT6 5NX
01227 742102

Held monthly on a Saturday, 4-5pm, reduced price swim session for disabled children and their families.

Hydrotherapy Day Centre

01227 458011
Upper Harbledown, Canterbury CT2 9AP

Pool has a temperature of 33-35C and is large enough for four people. There is a changing bed, and hoist into the pool. One-off and regular bookings taken. Cost £25 per hour.

Kingsmead Leisure Centre - Disabled Swimming Club

Kingsmead Road, Canterbury
01304 812734

A free swimming session for disabled people and their families. Every Sunday 4- 5pm. Has disabled changing rooms & hoist into main pool.

LEISURE

Sheppey Leisure Complex

Off the Broadway, Sheerness, ME12 1HH

01795 668652

www.sheppeyleisure.com

Include disabled children in mainstream swimming classes and 1:1 lessons can also be provided. All facilities are fully accessible, including hoist and shower area. Swimmers can wear nappies up to weight of 32pounds/14 kilos.

Swallows Leisure Centre

Central Avenue, Sittingbourne, ME10 4NT

01795 420420

www.swallowsleisure.com

Staff can assist with those who have difficulties accessing the pool. No hoist but a wheeled chair can be borrowed which can take you into the shallow end of the pool which is sloped. Access available in most areas but not yet the shower area.

Tides Leisure Centre - Disabled Swim Session

Park Avenue, Deal, Kent. CT14 9UU

01304 373399

www.vistaleisure.com/tides-home.aspx

Friday's 11am to 12, term time only. During Holidays its Friday's 9.30am to 10.30am. There is a free form leisure pool with gentle sloped shallow end, wave machine & Jacuzzi pools.

Walmer Paddling Pool

Just off The Strand, Deal

This traditional outdoors paddling pool is surrounded by lawns and next to the beach and is free. Has lifeguards, changing rooms & toilets.

Table Tennis

Dover Table Tennis Association

Dover Leisure Centre in Townwall Street, Dover

Provides coaching for people of all ages and abilities every Saturday between 9am and midday. Have welcomed disabled people in the past and will continue to do so.

Tennis

Wheelchair Tennis

email mike.bishop@kent.gov.uk

Polo Farm Indoor Tennis Centre, Nr Canterbury

Runs once a month, 4-6pm for anyone wanting to give the sport a go. Balls and small rackets are available to use.

Water Sports

Arethusa Watersports Centre

Chatham Maritime Dock, Chatham

01634 719933

www.arethusa.org.uk/watersports.asp

Day visits include dinghy sailing, kayaks & canoes & they also run courses. Highly experienced instructors welcome disabled children.

Beach Within Reach - Helping people gain access to the beach

07732386451 (David Shorter) Email: info@beachwithinreach.org.uk

A charity that has been formed to provide Thanet's beaches with a specially designed 'All Terrain' wheelchair which can travel across the sand with minimum effort. They are available to use at Ramsgate, Margate & Broadstairs beaches, are free of charge and on a 'first come, first served basis'.

Dover Watersports Centre

The Basement, 3 Waterloo, Crescent, Dover, Kent, CT16 1LF

01304 212880

www.doverwatersports.com

Offer a range of water sports for all ages & abilities. Can develop courses for the requirements of people with physical and learning difficulties ranging from sailing yachts & dinghies to power boating.

LEISURE

Joss Bay Surf School

07812 991195

www.jossbay.co.uk

Runs surf lessons for disabled young people. The lessons are subsidised and are tailored to meet individual needs.

Scuba Diving

01843 297430 (Shaun Connell)

www.kentscuba.com

Held in Ramsgate Swimming Pool and is suitable for any ability to try scuba diving. Offers courses and one-offs and but they need a buddy to accompany them in the water.

Seapoint Canoe Centre

07889 524954

www.seapointcentre.com

Offer all types of canoeing activities and canoeing instruction and specialises in working with disabled children & young people. Run course & clubs and also offer private tuition.

Westbere Sailing Opportunities

Westbere Lakes, Nr Sturry, Canterbury

01227 710410 (Richard Gaskell)

www.wsosail.org.uk

A sailing club for disabled people who have experience of working with a range of conditions and welcome families with children.

Walking

Kent Rural Disability Sportslink Project

01622 605052

E-mail: paul.panton@kent.gov.uk

Produce leaflets about walks between 0.5 and 5 miles in length: 'Walks for All in Kent and Medway'. These are intended for wheelchair users and vary in gradient. Walks are in Canterbury, Deal, Dover, Medway and Gravesend.

Branching Out Walking Mixed Ability Walking Group

0208 859 8043/ 01622 710049

www.kent.gov.uk/leisure-and-culture/explore-kent

Organise accessible walks in countryside locations across Kent, new members are always welcome.

Your child's rights

You may find it helpful to know that the rights of disabled children and young people to have access to play and leisure are enshrined in law.

The Children Act (1989)

Recognises that "children's need for good quality play opportunities change as they grow up but they need such opportunities throughout childhood to reach and maintain their optimum development and well being."

The Act says that Local Authorities shall provide services to minimise the effect of disabilities on the lives of disabled children and give them opportunities to lead as normal a life as possible.

Local Authorities must treat disabled children as children first and promote access for all children to the range of services.

The Disability Discrimination Act (1995)

Makes it unlawful for service providers to discriminate against disabled people by treating them less favourably than others.

It also requires service providers to 'make reasonable adjustments' to policies, practices and procedures which might remove or alleviate any disadvantage a disabled person might experience when using their services.

Part III of the Act has recently come into force and means that many service providers should have made permanent physical changes to their premises if these put disabled people at a disadvantage - this covers indoor and outdoor adventure playgrounds, leisure centres, play areas in public parks and playgrounds.

RIGHTS AND BENEFITS

Rights and Benefits

Helplines

Benefit Enquiry Line

0800 882200

Helpline which provides advice and information on the range of benefits available.

CarersLine

0808 808 7777

Provide confidential information and advice on issues such as benefits & carer's employment rights.

Contact a family

0808 808 3555

UK-wide charity providing advice, information and support to the parents of all disabled children.

SNAAP (Special Needs Advisory & Activities Project) (Canterbury)

01227 367555

Help with information on benefits and form filling, including DLA application. Phone for an appointment.

Websites

Disability Benefits

08457 123 456

www.disabilitybenefits.co.uk

Information on benefits including entitlement, claiming, how it is paid, how long for and rates.

Department for Work and Pensions

www.dwp.gov.uk

Information on all benefits.

Benefits and Work

www.benefitsandwork.co.uk

Information and guides that can help completing DLA forms.

RIGHTS AND BENEFITS

Benefits

Carer's Allowance

www.direct.gov.uk/carers

01253 856123

This is a taxable benefit to help people who look after someone who is disabled. You do not have to be related to, or live with the person that you care for. You may be able to get Carer's Allowance if you are aged 16 or over and spend at least 35 hours a week caring for a person who gets either:

- Attendance Allowance
- DLA at the middle or highest rate for personal care
- Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit
- Constant Attendance Allowance at the basic (full day) rate with a War Disablement Pension

You cannot get Carer's Allowance if you are in full-time education with 21 hours or more a week of supervised study or earn more than £95 a week after certain deductions have been made.

Disability Living Allowance

08457 123 456

www.dwp.gov.uk

This is a non-means tested benefit for children with disabilities. To claim for a child, they should be one or more of the following:

- Aged 3 months or over and needs extra help or looking after
- Aged 3 years or over and has severe difficulty walking
- Aged 5 years or over and needs extra help getting around out of doors

There are two components to this allowance:

Care Component

Payable at 3 rates depending on how much care is needed:

Highest rate - For extra help during the day *and* night

Middle rate - For extra help during the day *or* night

Lowest rate - For extra help during part of the day or part of the night

RIGHTS AND BENEFITS

Mobility Component

Payable at two rates depending on how much help is needed with getting around:

Higher rate - for children 3 years and over who are unable to walk or have severe difficulty in walking; children who are deaf and blind; those whose health might suffer from the exertion of walking; those claiming the highest rate care component that have severe mental impairment or severe behaviour problems.

Lower rate - for children 5 years and over: for a child who can walk but may need someone to supervise or guide them.

Premiums for people on income support

A means tested benefit to help people who either don't work or work less than 16 hours a week, and whose partner (if any) works less than 24 hours a week.

Premiums are weekly additions to the personal allowances for groups of people who have extra needs:

Disabled Child Premium - for each child (with less than £3,000 savings) who is getting DLA for care or mobility at any rate or who is registered blind. This premium is not always given automatically so make sure you claim it if you think you qualify.

Enhanced Disabled Child Premium - For a child (with less than £3,000 savings) who gets DLA care component at the highest rate.

Carer Premium - If you get Carer's Allowance (CA) for looking after a disabled person, you may be entitled to an extra amount included in your income support.

Tax Credits

Child Tax Credit (CTC)

0845 300 3900

Can be claimed by anyone who has a dependant child. You may be entitled to the disabled child element for each child within the family on disability living allowance (DLA) or who is registered blind; Or severely disabled child element for each child within the family on the highest rate care component of DLA.

RIGHTS AND BENEFITS

Working Families' Tax Credit

0845 300 3900

You qualify if you have a child (under 16, or under 19 and still in full-time education) and you (or your partner if you have one) work at least 16 hours per week. You may also be able to get help towards approved childcare costs if you are a lone parent working at least 16 hours or a couple who either both work 16 hours, or where one partner works 16 hours and the other is incapacitated (or in prison).

Council Tax Reductions

There are 2 types of reductions you may be entitled to:

Reduction in Band

If your home has been specifically adapted to meet the needs of a disabled resident who is substantially and permanently disabled, you may be entitled to a reduction in your council tax band. Adaptations that qualify are either:

- A room (not kitchen or bathroom) mainly used by the disabled person
- An extra kitchen or bathroom to meet their needs
- Enough floor space for a wheelchair used indoors

25% Reduction

If you are single but receive the highest rate of the care component of DLA and have a carer with you for at least 35 hours per week, they maybe classed as a 'disregarded person' and you could be entitled to a 25% reduction in council tax under the singles person allowance.

Contact your local council for more details:

Canterbury City Council

01227 862300

Dover District Council

01304 872199

Swale Borough Council

01795 417272

Thanet District Council

01843 577558

RIGHTS AND BENEFITS

Help with Hospital Fares

See Transport on page 106.

Blue Badge Scheme

01622 605020

www.kent.gov.uk/SocialCare/disability/parking/blue-badge.htm

The Blue Badge scheme provides a range of parking concessions for people with severe mobility problems who have difficulty using public transport. The scheme operates throughout the UK and in some European countries.

You are automatically eligible to apply for a badge if you are over two years old and either:

- receive the higher rate of the mobility component of DLA
- are registered blind or
- receive a War Pensioner's Mobility Supplement

You may also be eligible for a badge if you are over two years old and either:

- have a permanent and substantial disability which means you cannot walk, or which makes walking very difficult

If you are a parent of a child who is less than two years old, you may apply for a badge for your child if they have a specific medical condition which means that they either:

- must always be accompanied by bulky medical equipment which cannot be carried around without great difficulty or
- need to be kept near a vehicle at all times, so that they can, if necessary, be treated in the vehicle or quickly driven to a place where they can be treated, such as a hospital

RIGHTS AND BENEFITS

Adaptations to Home

If you have a disabled child up to 18 years old and your home is unsuitable, one solution is to make adaptations funded by a grant. The adaptations required will depend on your child's needs.

These adaptations must be to make caring for your child easier or to increase your child's level of independence at home. An assessment needs to be carried out by a Children's Social Services Occupational Therapist based within Disabled Children's teams to determine your child's functional needs and assess your home environment. They determine that the request to access the grant is necessary and appropriate. They can then support your application for a Disabled Facilities Grant. This is a local council grant to help towards the cost of adapting your home to enable you to continue to live there.

A grant is paid when the council considers that changes are necessary to meet your needs, and that the work is reasonable and practical. The maximum amount payable in England is up to £30,000.

The grant will only be paid on work assessed as necessary, and when the council are satisfied that the work has been carried out. Grants will usually not be provided retrospectively. Any proposed work must have planning permission and fall within building regulations. Acceptable types of adaptations include:

- Gain better access to your home for the disabled person i.e. widening doors and installing ramps.
- providing or improving access to rooms and facilities - for example, by installing a through floor lift or providing a downstairs bathroom / shower/ toilet.
- adapting heating or lighting controls to make them easier to use.

RIGHTS AND BENEFITS

DFGs are not means tested so long as the grant is provided to meet the needs of a disabled child (under 19 years of age). Families who need to adapt their home for a person over the age of 19 will have to go through a means test/ financial assessment. When aged 19 or over, the person with the disability is tested. This test (based on a person's ability to pay) is intended to target help towards the most needy, and it looks at income, savings and expenditure. The grant awarded can then vary from 0 to 100% of the cost of the work assessed as necessary.

Who can apply for a Disabled Facilities Grant? You can apply if the answer to the following four statements is yes:

- You or the child living in your property is disabled.
- You, or the child on whose behalf you are applying, are the owner or tenant of the property. Note: a landlord may apply on behalf of a disabled tenant.
- You are willing to certify that you, or the child on whose behalf you are applying, intend to occupy the property as your/their main or only residence throughout the 5 year grant period.
- You, or the child on whose behalf you are applying, live in England.

For more information, contact the Children's Occupational Therapy service based within the Disabled Children's Teams in East Kent.

For more information on Disabled Facilities Grants for children check the following websites www.livingmadeeasy.org.uk and www.direct.gov.uk/en/DisabledPeople/HomeAndHousingOptions/YourHome/DG_4000642

RIGHTS AND BENEFITS

The Cinema Exhibitors Association Ltd

0151 348 802

www.ceacard.co.uk

A new national card scheme for disabled people who are in receipt of Disability Living Allowance, or who are blind or hold a disabled person's rail card. Entitles you to one free ticket for the person accompanying them to the cinema and is valid for 3 years and costs £5.

National Key Scheme (Public Toilets)

National Scheme run by RADAR which gives access to accessible public toilets. Keys are available from £3.00.

Nationally

Radar - The Disability Network

020 7250 3222

www.radar.org.uk

Dover District Council Offices:

Aylesham, The Police Station, Boulevard Courriers

Deal, Town Hall, High Street

Dover, White Cliffs Business Park,

Castle Street, Dover

Sandwich, The Guildhall

Swale Borough Council Offices:

Sittingbourne, Swale House, East Street

Faversham, Alexander Centre, Preston Street

Isle of Sheppey, Trinity Road, Sheerness

Thanet Visitor Information Centre's:

Broadstairs, Dickens House Museum, 2 Victoria Parade

Margate, 12-13 The Parade

Ramsgate, Albert Court, York Street

Thanet's Gateway, Cecil Street, Margate

RIGHTS AND BENEFITS

Relief from VAT

Some gadgets and equipment designed solely for disabled people are zero rated for VAT. These include medical and surgical appliances, specialised articles such as special beds, lifts & hoists and installation costs of special equipment. Certain building work such as improving access to a building, adaptations to a bathroom and the installation of a lift are also zero rated from VAT. For more details contact 0845 302 0203.

TV Licence Discount for Blind People

TV Licensing, Blind Concession Group, Bristol BS98 1TL

0844 800 6790

www.tvlicensing.co.uk

If you or someone you live with is blind or severely sight impaired, you could receive a 50% concession on the cost of your TV Licence. If you already have a licence, but it isn't in the name of the person who is blind or severely sight impaired, you will need to transfer the licence into their name.

Vaccine Damage Payments

01772 89 99 44

www.dwp.gov.uk

One-off payments for people severely disabled as a result of vaccination against certain diseases.

Water Meter Charges

Some people who have a water meter can request a capped bill if they receive specific benefits and can't avoid using a lot of water because they have three or more dependent children under 19 (in full time education). This also applies if you have a medical condition specified by the government - contact your water company for more details.

Folkestone & Dover Water Services

0845 888 58 88

South East Water

0845 850 60 60

Southern Water

0845 272 08 45

Transport

Motability

0845 456 4566

www.motability.co.uk

The Motability Scheme allows you to use the higher rate mobility component of your child's Disability Living Allowance (DLA) towards hiring a new car or buying a new or used car or wheelchair on hire purchase (HP). You can apply after your child is 3 years old; schemes include:

- 3 year Contract Hire Scheme to lease a new car.
- 3, 4 or 5 year HP Scheme to buy a new car.
- 2, 3, 4 or 5 year HP Scheme to buy a used car or powered wheelchair.

You may have to make an advance payment for the car or wheelchair.

Contract Hire

Under the contract hire scheme you contribute the higher level mobility component of your DLA to Motability for a period of 3 years. In return, you obtain a new vehicle which is insured, maintained and serviced without further charge. The vehicles also have full RAC Breakdown Assistance. In addition, if you make no claims during the 3 years you are on the scheme and the car is returned in excellent condition you may be eligible for a £200 bonus.

Hire Purchase

Motability has negotiated discounts on a variety of new cars and they can be obtained using the HP scheme. All or part of the higher level mobility component (depending on the amount borrowed) is paid over to the Motability Scheme. If you buy a used car you must go to a Motability accredited dealer. The car must be less than 3 years old and have done less than 45,000 miles. It must pass an AA inspection which the dealer will arrange on your behalf and then carry out any repairs identified before supplying the car to you.

TRANSPORT

Forum of Mobility Centres

0800 559 3636

www.mobility-centres.org.uk

Offer information, advice & assessment to individuals who have a medical condition or are recovering from an accident or injury which may affect their ability to drive or access a vehicle. Nearest centre in East Kent is Maidstone.

Taxi companies

The following companies have wheelchair accessible vehicles:

Canterbury

Abacus cars	01227 277745
Cabco	01227 455455
Lynx	01227 464232

Dover

Central Taxis	01304 240441
Dover Heritage Taxi's	01304 204420
Dover Taxis	01304 201915

Faversham

Faversham Taxis	01795 590949
Grab-a-Cab	01795 539739
Starlite Taxis	01795 591066

Sittingbourne

A2 Cabs Ltd	01795 478888
On time taxis	01795 439999
White Cab co.	01795 422222

Sheerness

Royal Taxis	01795 662222
Vals Cars 1998 Ltd	01795 661000

Thanet

Allens of Kent	01843 294466
Arrow Taxis	01843 221166
Star Cars	01843 581581

Voluntary Car Schemes

Provide transport for patients and visitors who have difficulty using public transport. Volunteer drivers give their time free, but you will be asked to pay a mileage fee to cover their expenses, which varies slightly from scheme to scheme (approx 40p). Some schemes have an additional charge for administration and others have a small membership fee. You need to book the car scheme journey in advance. For more details contact your local voluntary car scheme:

Canterbury & Herne Bay	01227 452278
Dover	01304 380513
Ramsgate	01843 590935
Swale	01795 426647
Whitstable	01227 772248

Bus services

East Kent Stagecoach

08456 00 22 99

www.stagecoachbus.com

Have an increasing number of easy access buses, which are able to accommodate wheelchairs. They have ramps and on-board wheelchair parking area. Contact the Helpdesk or check online to find out if your route is an easy access bus.

Concessionary Bus Permits

Free permits are available to disabled people, enabling them to travel free on local buses anywhere in England after 9.00am on weekdays. A companion permit is also available. Contact local Council Office for application form or download online:

Canterbury District

01227 862343

www.canterbury.gov.uk

Canterbury, Military Road, CT1 1YW

Herne Bay, William Street, CT6 5NX

Whitstable, 57 Harbour Street, CT5 1AQ

TRANSPORT

Dover District

01304 872122

www.dover.gov.uk

Dover, White Cliffs Business Park, CT16 3PJ

Dover, Castle Street, CT16 1PD

Deal, The Town Hall, CT14 6BB

Sandwich, The Guildhall, CT13 9AH

Aylesham, The Police Station, Boulevard Courriers

Swale

01795 594456

www.swale.gov.uk

Faversham, Alexander Centre, Preston St, ME13 8NY

Sittingbourne, Swale House, East Street, ME10 3HT

Isle of Sheppey, Trinity Road, Sheerness ME12 2PG

Thanet District

01843 577000

www.thanet.gov.uk

Margate, Thanet's Gateway Plus, Cecil St, CT9 1XZ

Ramsgate, 14 York Street, CT11 9DS

Broadstairs & St. Peter's Service Cnt, Pierremont Hall

Kent Karrier: Dial-A-Ride Shopping Service (Canterbury & Dover)

0845 094 4629

www.kent.gov.uk

A low-riser bus with facility for wheelchairs which takes you from your door to various destinations depending on where you live. You must be a member which costs £5 a year with a small fee payable each journey. A companion can travel with you (they do not need to be members) all they pay is the journey fee. Application Forms available from KCC on 01622 605349.

The SUN Scheme in Swale

Provide accessible travel to those that cannot use conventional public transport. You must join the scheme (annual membership fee of £5). For an application form call 01622 605349. Vehicles are wheelchair accessible.

SUN Kent Karrier

The shopping service will take you directly from your door to Faversham, Sittingbourne or Sheerness, depending on where you live. You pay a standard flat fare, single or return. To find out the current fare, please call Chalkwell on 01795 519586.

SUN car hire

01795 538900

The car service will take you anywhere that a normal taxi would, with a 20% reduction on the normal fare. The service is available between 6am and 12 midnight, Monday to Saturdays and 9am to 6pm on Sundays and Bank Holidays.

National Express

08717 818179

www.GoByCoach.com

Offer up to 50% off all standard fares (excluding special offers) for disabled passengers. The discounts are also offered to some places in Ireland and Europe. Some routes already have wheelchair accessible coaches and the remaining will be completely accessible by 2012. To make a reservation, contact their Disabled Persons Travel Helpline (above).

Coach Travel

Chalkwell

01795 423982

www.chalkwell.co.uk

Special 12 seater minibus which can be hired at weekends with facility for removal of 2/3 seats for secured wheelchairs.

LS Travel

www.lstravel.co.uk

Offer wheelchair accessible coach for up to 5 wheelchairs.

TRANSPORT

Rail Travel

Disabled Persons Railcard Office

0845 605 0525

www.disabledpersons-railcard.co.uk

Train operators provide a number of services for disabled passengers, for example, someone to meet the passenger from the train or a porter to carry bags. If possible, give 48 hours notice so the right help can be made available. An adult travelling with a disabled child may be able to get a reduction on their fare.

Family Railcard

08457 48 49 50

www.family-railcard.co.uk

If you're a family with a disabled member, the Family and Friends railcard may be more suitable. Costs £24 per year, but as long as you travel with a child, up to 4 adults get 1/3rd off and up to 4 children get 60% off their ticket price throughout Britain. Buy online, over the phone or at a staffed station.

Wheelchair Loan

DIAL Kent

01227 771155

www.dialkent.org.uk

Offer a children's wheelchair loan scheme

Red Cross

Provide short-term loan of wheelchairs. There is no charge for but donations appreciated. They also have a home delivery service available if you are unable to reach a centre.

Canterbury, 2 Lower Chantry Lane, CT1 1UF 01227 766145

Herne Bay, 176 Mortimer Street, CT6 5DT 01227 373414

Sittingbourne, 36 Albany Road, ME10 1EB 01795 423259

Folkestone, 41 Station Road, CT19 4AY 01303 277195

Margate, Addington Road, T9 1HN 01843 223739

The Medway Support Group 01795 471324

Has 2 wheelchairs available on loan to members free of charge (a deposit is required but will be refunded when returned).

Funding

Blue Badge Scheme

See Rights and Benefits page 95.

Exemption from Road Tax

If your child gets the higher rate DLA mobility component, you should automatically be sent a road tax exemption form (DLA 403) from the DLA unit. It is important that you complete and return the exemption form to the address stated on the letter enclosed with the form. If you don't receive a form, contact The Disability Living Allowance Unit on 0845 712 3456

Fares to Hospital

If you are on Income Support, income-based Job Seekers Allowance or Pension Credit, you can claim help with travel costs to and from hospital for NHS treatment when escorting your child. You can obtain a refund of your fares directly from the hospital if you produce proof that you are in receipt of benefits. Ask for form HC5.

If you are not getting these benefits but are on a low income (if your child is 16 years or over it is their income that counts, not yours) you may still be able to get help.

William Harvey, Ashford - Finance Desk at hospital.

Kent & Canterbury, Canterbury - Finance Desk at Hospital

QEQM, Margate - General office in main corridor near St Peter's Rd entrance.

The Family Fund Trust

0845 130 4542

www.familyfundtrust.org.uk

Can help with driving lessons for a severely disabled child's main carer if there is a car available. Help with transport expenses can be given if the child does not get DLA but has difficulty getting around.

TRANSPORT

London Congestion Charges

0845 900 1234

www.cclondon.com

Blue Badge holders are exempt from the £8 charge in central London. You need to register with Transport of London and make a one-off payment of £10.

Motability Charitable Grants

0845 456 4566

www.motability.co.uk

Motability may be able to offer financial help towards the cost of a suitable car, adaptations, driving lessons or a Wheelchair Accessible Vehicle.

Toll Exemption

www.dart-tag.co.uk

Connect Plus (M25) Ltd, Customer Centre, South Orbital Road,
Dartford DA1 5PR

If you travel by car under the Mobility Scheme and are exempt from road tax then you don't need to pay tolls using the Dartford Crossing. There are concessions on other tolls routes too. For more information visit website.

Wheelchair Voucher Scheme

The NHS trust offers voucher scheme to help people buy a wheelchair of their choice. The wheelchair service may offer a voucher to the value of the wheelchair they would have provided. The voucher can then be used towards the cost of a more expensive wheelchair; you would have to pay the balance of the cost.

Canterbury - 01227 812393

Folkestone - 01303 850378

AIDS AND EQUIPMENT

Aids and Equipment

Aids & Equipment

Able to Wear

0141 775 3738

www.able2wear.co.uk

Adaptive clothing for disabled people and wheelchair users of all ages. Also has a wide range of disabled products.

Acorn Educational

01536 747485

www.acorneducational.co.uk

Educational toys and games for those with special needs

Autism Alert Card

www.kentautistictrust.com

Designed to alert police and other emergency services to the fact that holder has an Autism Spectrum Condition.

Coilers /No Tie Laces

www.hemihelp.org.uk/support_us/shop

Ideal for those who find it difficult to tie traditional shoelaces. Also provide pencil grips & pencils with triangular barrels for easy grip.

Conform UK

www.conformuk.com/hobbies_play.html

Play equipment and special needs games and hobbies such as easy to see playing cards and talking battleships and chess.

Convoid

0800 0483 350

www.themobilityaidscentre.co.uk

Supplier of lightweight folding wheelchairs and buggies for children with special needs.

Cotswold Cots

01993 842885

www.cotswoldcots.co.uk

Designs and makes beds, cots and playpens that restrain safely to suit every need.

Cotton Comfort

www.eczemaclathing.com

Eczema clothing, for touch sensitive people.

AIDS AND EQUIPMENT

Crelling Harnesses for the disabled Ltd

01253 852298

www.crelling.com

Supply a wide range of adapted harnesses for travel, stair lifts, buggies & walking reins.

Demand

01923 681800

www.demand.org.uk

Design specialised equipment for disabled children and adults where no off-the-shelf solution exists, free of charge.

DCS Joncare

01235 523353

www.dcsjoncare.com

Manufacturer of children's equipment including trikes & power chairs, standing & walking aids, seating & car seats

The Disability Equipment Register

01454 318818

www.disabilityequipment.org.uk

Lists second hand equipment for sale and wanted.

Disability Living Foundation

0845 130 9177

www.dlf.org.uk

Provide best possible choice, for people who use equipment to live a more independent life.

Disabled Stickers

01522 688388

www.disabledstickers.co.uk

Offer a range of stickers and signs to promote disability awareness, for example to politely remind people they have parked in a disabled parking bay.

Dream Racer

www.dream-racer.com

Sells radio controlled model toys for children with physical disabilities. Controllers are built into a baseball cap enabling cars to be driven by head movements. Also for PlayStation games, PC access, and switch adapted musical toys.

AIDS AND EQUIPMENT

Dribble Bandanas

www.dribble-bandanas.co.uk

Provide an alternative to bibs, these bandanas come in a range of sizes and colours.

The Elap Rotating Car Seat

0800 0433 159

www.elap.co.uk

Supply rotating car seats to fit virtually all vehicles.

Fledglings

0845 458 1124

www.fledglings.org.uk

Help by searching, demonstrating and ordering resources, particularly those unusual items which may not be easily available or designed specially for children with special needs.

Glow Shop

0121 423 2000

www.glowshop.com

Supplier of a wide range of UV lighting, glow in the dark and snap 'n' glow products.

The Happy Puzzle Company

0844 848 2811

www.happypuzzle.co.uk

Range of puzzles & games suitable for disabled children.

Hippocampe

01725 519405

www.hippocampe.co.uk

A lightweight, easily assembled 3 wheeled buggy that has a neutral buoyancy design allowing it be used in or out of water - including the sea. Also easy to use on sand.

Hippychick

01278 434440

www.hippychick.com

Child hip seats with built in back supporting belt.

Identikids

0845 125 9539

www.identifyme.co.uk

Produce a range of identity products for your child including cards and wristbands.

AIDS AND EQUIPMENT

Jenx

0114 285 3376

www.jenx.com

Equipment including standing frames, seats and mobility aids.

JCM Seating Solutions

01775 766664

www.jcmseating.co.uk

As well as specialist seating, they offer an adjustable high-support car seat with swivel base for ages 3-11.

Kent Mobility

01732 770251

www.kentmobility.co.uk

Assessors & providers of disability & rehabilitation equipment.

Kid Sense

0116 275 1895

www.kidsense.co.uk

Supplier of 3 wheel all terrain buggies and strollers suitable for children with special needs up the age of 17.

Leckey

028 9060 2277

www.leckey.com

Special needs equipment including standing frames, static chairs and bathing equipment.

Medicalert Foundation

0800 581 420

www.medicalert.org.uk

Provide a bracelet or necklet, engraved with a personal ID number, medical condition(s) and emergency telephone number so vital medical information can be obtained quickly and easily.

MERU (Medical Engineering Resource Unit)

01372 725203

www.meru.org.uk

Design and manufacture a variety of equipment and devices to meet the individual needs of children when there is no commercially available alternative.

AIDS AND EQUIPMENT

McClaren Major Buggy

01327 841300

www.maclarenmajor.com

Lightweight special needs buggy suitable for children up to 50kgs

The Mobility Market

www.themobilitymarket.co.uk

Buy and sell used mobility & disability aids and equipment.

The Novelty Warehouse

www.thenoveltywarehouse.com

Sensory Toys for children with special needs at lower prices.

Piedro Footcare

0121 475 1101

www.gilbert-mellish.co.uk

Provide specialist footwear for children with special needs.

Portaramp

01953 714599

www.portaramp.co.uk

Portable, lightweight ramps for wheelchairs.

Rackety's

01538 381430

www.racketys.com

Produce clothing for children with special needs that incorporate specially designed fastenings and modifications that make getting dressed a less stressful experience.

Remap

0845 1300 456

www.remap.org.uk

Charity that has engineers who make one-off technical aids or modify commercial equipment.

ROMPA

0845 230 1177

www.rompa.com

Provide specialist play, leisure, therapy and sport equipment including sensory toys and equipment.

Salts Healthcare

0121 333 2000

www.salts.co.uk

Range of Paediatric orthotic and support shoes.

AIDS AND EQUIPMENT

Second Skin

0131 449 9497

www.secondskin.com.au

Dynamic Lycra Splints designed to improve functional performance for people with neurological dysfunction.

Seenin

01434 634457

www.seenin.com

Produce range of garments for children with special needs including feeding aprons, dribble bibs & neckerchiefs.

Sense Toys

0845 2570 849

www.sensetoys.com

From educational toys for pre-school children to games for special needs children. Includes play tips and ideas for toys.

Sleep Safe

www.sleep-safe.co.uk

Anti-suffocation pillows offer protection against suffocation during seizures or breathing difficulties while asleep.

TFH

01299 827820

www.specialneedstoys.com

Products include multi-sensory rooms, soft environment equipment, toys, switches and music.

The Sensory Company

0845 838 2233

www.thesensorycompany.co.uk

Design and manufacture multi-sensory equipment.

Togs 4 Special Progs

0796 3366 762

www.togs4specialsprogs.com

Create custom-made clothing and accessories for premature babies and children with special need aged 0-18.

Spacekraft

01274 581 007

www.spacekraft.co.uk

Supply an extensive range of multi-sensory toys and equipment.

AIDS AND EQUIPMENT

Sheerlines

01384 375600

www.sheerlines.net

Specialists in protection from cold, wind and rain they make garments, canopies and capes for wheelchair users.

Tendercare

01903 726161

www.tendercareltd.com

Supply postural supportive pushchairs & buggies for all ages.

Wheelchair Ramps.co.uk

01608 685039

www.wheelchair-ramps.co.uk

Offer a range of lightweight, folding and easy to handle ramps.

Bikes & Trikes

Bike Care

01354 660049

www.bikecare.co.uk

Products include Tricycles, adult stabilisers, tricycle tag-alongs, back rests, self-balancing pedals and special brake levers.

Companion Cycling

07961 344545

www.companioncycling.org.uk

A charity which enables people with special needs, regardless of their age or ability, to cycle on specially adapted cycles in peaceful surroundings of Bushy Park in South West London.

Good Designs

01248 713624

www.disabledcycling.f2s.com

Supply robust bicycle stabilisers that can be adjusted to vary the amount of support provided so balance can be gradually gained.

London Recumbents

0208 299 6636

www.londonrecumbents.com

Supplier of special needs bikes & trikes. Test-drive or hire for an hour, day or week. Centres in Dulwich & Battersea Parks, London.

AIDS AND EQUIPMENT

Mission Cycles

01622 815678

www.missioncycles.co.uk

Range of tricycles for children with balance problems.

Quest 88

01952 463050

www.quest88.com

Supply adapted bikes, trikes & Ko-Karts.

Tomcat Trike

01452 616900

www.tomcatspecialneeds.co.uk

A custom built special needs trike with rear steering control.

Triad Theraplay Ltd

0141 876 9177

www.triad.com

Supplier of tricycles for children with special needs.

Wise Wheels

01295 770806

www.wisewheels.co.uk

Range of tricycles suitable for all ages including tandem bikes.

Car Seats

Britax Ltd

01264 386034

www.britax.co.uk

Offer the Traveller Plus, a larger car seat for children with special needs who need extra support. Suitable for 15kg-36kg (approx 4-11yrs) and costing approx £500.

Cole Enterprise - Flight Travel Chair

01306 745333

www.travel-chair.co.uk

Specially designed to enable disabled children, aged 3-11, to travel in the seat of a plane. British Airways, JMC, Monarch & Virgin can provide this chair free of charge to passengers. Otherwise, you can hire it from £125.

AIDS AND EQUIPMENT

Horacek Lars Car Seat

0552 784814

www.ottobock.co.uk

Car seat with swivel and sliding motion and tilt in space suitable for ages 2-10 years

JMC Seating Solutions

01733 405830

www.jcmseating.co.uk

As well as specialist seating, they supply an adjustable high-support car seat with swivel base suitable for children aged 9 months to 12 years.

R82 UK

0121 561 2222

www.r82.com

Produces the Panda car seat which provides support for disabled children with swing out frame enabling the parents to turn and slide the seat in and out of the car.

The Car Safety Centre

01908 220909

www.incarsafetycentre.co.uk

Specialise in all types of car seats, publishes a booklet entitled "Car and Bus Seating for Children with Special Needs" and has a showroom where all seats are displayed.

IT

Ability Net

0800 269 545

www.abilitynet.org.uk

Charity which assists disabled people make the most out of using computers. Will assist at home or school & produce factsheets.

The Aidis Trust

0207 426 2130

www.aidis.org

A charity which provides specialised computer equipment to disabled people to improve independence and and provide the freedom to communicate.

AIDS AND EQUIPMENT

Computers for the Disabled

01268 284834

www.cftd.co.uk

Provide new and 2nd hand computers & parts to disabled people.

Find a Voice

01233 640443

www.findavoice.org.uk

Offer advice and help about communication aids, provide training and has a resource library with switch toys, simple aids, training videos and useful books. Outreach service now available at locations throughout Kent.

Inclusive Technology

01457 819790

www.inclusive.co.uk

Supply special needs software and accessories.

QED (Quality Enabling Devices)

0239 258 0600

www.QEDLtd.co.uk

Supply Special Needs communication aids, software & accessories.

The Sequal Trust

01691 624 222

www.the-sequal-trust.org.uk

Provides communication aids for severely disabled people with speech/movement difficulties.

Widgit Software Ltd

01926 333680

www.widgit.com

Provide everything needed for working with symbols. Has large range of software for children with special needs.

Insurance of equipment

Fish Insurance

0500 432 141

www.fishinsurance.co.uk

Provide range of insurance cover including manual and electric wheelchairs.

AIDS AND EQUIPMENT

Help with Funding

Action for Kids Charitable Trust

0845 300 0237

www.actionforkids.org.uk

Provides grants for equipment and mobility aids for children and young people with physical and mental disabilities.

The Buttle Trust

0207 828 7311

www.buttletrust.org

Grants provided include essential items of furniture and equipment and, on occasion, fund short-term therapy costs.

Cerebra

01267 244216

www.cerebra.org.uk/grants

Offer grants to help disabled children who have a brain related condition or injury, either of physical nature, a learning disability or both. Helps buy equipment such as specialist car seats, power wheelchairs, sensory toys & trikes.

Children Today Charitable Trust

01244 335622

www.children-today.org.uk

Makes grants towards equipment including electric wheelchairs, walking aids, educational toys, communication aids, trikes and adapted car seats.

The Child Care Action Trust

0845 2300 195

www.thechildcareactiontrust.org.uk

Provides equipment not available from the NHS, social services or affordable by their families, such as walking frames, special needs car seats, communication aids and 2nd skin suits.

Get Kids Going!

020 7481 8110

www.getkidsgoing.com

Give disabled children and adults up to the age of 26 the opportunity of participating in sports such as tennis, athletics, skiing etc, by providing them with specially built sports wheelchairs.

AIDS AND EQUIPMENT

Newlife Charity

01543 462 777

www.newlifecharity.co.uk

Offers equipment grants to seriously disabled and terminally ill children. Grants can vary from a wheelchair or a bed to a communication aid and therapy equipment shed.

React Charity

020 8940 2575

www.reactcharity.org

Help improve the quality of life for financially disadvantaged children with life-limiting illnesses by reacting quickly to their needs. Can provide a wide range of equipment from specialist wheelchairs, beds, baths, and mobility aids, to essential everyday items like washing machines and tumble dryers.

Variety Club

020 7428 8100

www.varietyclub.org.uk

Help towards wheelchairs, trikes and buggies for children up to the age of 19.

Whizz Kidz

020 7233 6600

www.whizz-kidz.org.uk

Give disabled children and young people independent mobility by providing customised wheelchairs, tricycles and other specialised mobility equipment.

Value Added Tax (VAT)

www.hmrc.gov.uk

Certain aids and equipment for disabled people are not subject to VAT if they are designed solely for use by a disabled person. Declaration forms can be downloaded online.

LOCAL ORGANISATIONS

Local Organisations

Children's Centres

www.kentchildrenscentres.org.uk

Children's Centres are service hubs where children under five years old and their families can receive integrated services and information. Each centre will offer different services but may include:

- Integrated early education and childcare
- Support for parents - including advice on parenting, local childcare options and access to specialist services for families.
- Child and family health services - ranging from health screening, health visitor services to breast-feeding support.
- Helping parents into work, with links to Jobcentre Plus & training

For more information about your local centre see leisure section.

Information and support - East Kent

Citizens Advice Bureaux

www.nacab.org.uk

Offer free, impartial, independent & confidential advice. Website has advice & information & details of local bureaux:

Canterbury District

Canterbury -3 Westgate Hall Road 01227 452762

Herne Bay - 185/187 High Street 01227 740647

Whitstable Outreach-The Horsebridge Centre 01227 740647

(Tue 10-1pm by appointment only)

Whitstable Library, Oxford Street

(Thurs 10-1pm by appointment only)

Dover District

0844 848 7978

Deal - The Cedars, 26 Victoria Road

Dover - Maison Dieu Gdns, Maison Dieu Rd

Sandwich - Market Sq (Outreach Thurs 10am-3pm)

Swale Borough

0844 499 4124/5

Faversham - 43 Stone Street

Sittingbourne - 17 Station Street

Sheppey - Hope Street Centre, Hope St

Thanet District

01843 232666

Margate - The Old Town Hall, Market Street

LOCAL ORGANISATIONS

Action for Children - Young Carers

The Hereson Family Community Centre, Lillian Road, Ramsgate
01843 596763

Support young carers by arranging outings & activities and offering practical help such as learning to cook. Cover Ramsgate, Canterbury & some parts of Dover. Referral via Social Services.

Adders

0871 590 3693

www.adders.org

Provide telephone support and online information for those living with ADD, or ADHD.

CADVAS (Canterbury District Voluntary Action & Support)

01227 452381

www.cadvas.org

Provide support services to the voluntary sector but also produce a directory of all local voluntary & community organisations.

CASE (Community Action South & East Kent) www.casekent.org.uk

Provide support services to the voluntary sector but also produce directories of all local organisations.

Dover - 1 Maison Dieu Rd, CT16 1RW 01304 219529

Ramsgate - Foresters Hall, Meeting Street 01843 588780

The Challenging Behaviour Foundation

C/o The Old Courthouse, New Road Avenue, Chatham ME4 6BE

0845 602 7885

www.thecbf.org.uk

Provide information and support to parents caring for individuals with severe learning disabilities and challenging behaviour.

Cruse Bereavement

0844 477 9400

www.cruse.org.uk

Helps bereaved people to understand their grief and cope with their loss. Provide support, information & advice, local branches:

Canterbury & Thanet 0845 603 0024

Dover District & Shepway 01304 204 123

Swale 0870 607 0547

LOCAL ORGANISATIONS

Depression Alliance

www.depressionalliance.org

Balmoral Clinic, Balmoral Gardens, Gillingham ME7 4PN

01634 718471 (Margaret)

National Organisation provides information and guidance on all aspects of depression. Local self-help support group meets monthly in Gillingham.

Dial-Kent (Disabled Information Advice Line)

01227 771155

www.dialuk.info

Offer Information and advice on all aspects of disability.

Disability Information Services in Kent (DISK)

7 Town Walk, Folkestone, CT20 2AD

01303 226464

www.thisisfolkestone.co.uk/disk.htm

Provide information to any person with a disability, carer, family or service providers.

Disabled Go

www.disabledgo.info

Website provides detailed access information for disabled people across UK & Ireland. Local towns are Canterbury & Thanet & include cinemas, tourist attractions & leisure centres.

Dyslexia East Kent Support

176 Northdown Road, Cliftonville CT9 2QN

0845 0038 979

www.dyslexia-east-kent.org.uk

A local support group providing information & support to people with dyslexia. Produce newsletters, loan books and other resources and hold drop-in sessions and talks.

Epilepsy Here (covers East Kent)

Beach House, Beach Street, Herne Bay CT6 5PT

01227 749095

www.epilepsyhere.org.uk

Provide help and support to those with an interest in epilepsy whether as patients, parents, carers or professionals. Produce newsletters and hold monthly meetings.

LOCAL ORGANISATIONS

Find a Voice

49 Beaver Lane, Ashford TN23 5NU

01233 640443

www.findavoice.org.uk

Offer advice and help about communication aids. Provide training and have a resource library with switch toys, simple aids, training videos and useful books. Outreach service now available at locations throughout Kent.

FLAG (Family Link Autism Group)

07770839841

Provide monthly activity sessions at Windchimes, Herne Bay for children with autistic spectrum conditions & their families. Also arrange outings & other activities during holidays.

Gateway in Kent

Gateway is the new way for citizens to access public and voluntary services with the added convenience of being in a town centre or high street location across Kent. Comfortable, modern places make it easier to reach specialist, voluntary and charitable agencies. Services include:

- information and self help, including free internet, service directory, payment kiosk
- routine advice and transactions, including bus passes, refuse, parking, licensing
- surgeries by agencies such as Hi Kent, Connexions, NHS and registrars for births and deaths
- cross agency services, including council tax, benefits, planning, housing, library, adult education and occupational therapy

Information on locations and the roll-out programme can be found at: www.kent.gov.uk or you can watch the Gateway DVD at www.kenttv.com/gatewayexperience

LOCAL ORGANISATIONS

Headway East Kent

01227 783002

www.headway.org.uk

Provide advice, support and care for those who have sustained a severe head injury. Have regular meetings where relatives and carers can get together for mutual support.

Health Trainers

0800 849 4000 (freephone)

They can help you make changes to your life by working with you to achieve your goals and lead a healthy happy life. This is a free, confidential service, providing a listening ear and can help you develop an action plan.

Home-Start

0800 068 63 68

www.home-start.org.uk

Trained volunteers offer support, friendship and practical help to families experiencing stress or difficulties with at least one child under 5 years of age. In addition to the home visiting service they also provide group support to families.

Canterbury & Faversham

www.homestartcanterbury.org

40 St Georges St, Canterbury

01227 472050

Dover

www.home-startdoverdistrict.org.uk

The Ark, Noah's Ark Rd, Tower Hamlets

01304 242314

Thanet

Email: homestart.thanet@tiscali.co.uk

Pierremont Hall, Pierremont Ave, Broadstairs 01843 86634

KASBAH (Kent Association for Spina Bifida and Hydrocephalus)

01474 536501

www.kasbah.org.uk

Provides support services for people, carers and families affected by Spina Bifida and/or Hydrocephalus.

Kent Wide Down Syndrome Group

07787 947142

www.kentds.org

Support, fundraising, social events, training and specific project that benefit their children and young adults.

LOCAL ORGANISATIONS

Kent Autistic Trust

01634 405168

www.kentautistic.com

Specialise in services for people with autism and offers information, advice and support to families and carers. Run support groups throughout Kent.

Kent Association for the Blind (KAB)

Canterbury - 51 London Road CT2 8LF

www.kab.org.uk

01227 763366

Dover - Cairn Ryan, 101 - 103 London Rd, River CT16 3AA 01304 828575

Provide a service sensitive to the needs of those who are visually impaired by helping them to attain the highest level of independence. Commissioned by KCC to provide a range of services to children and young people services include mobility & independence support, in both school & community settings. Services depend upon an assessment of a child's needs.

Kent Deaf Childrens Society

PO Box 458, Margate CT9 9JB

07982 682772

www.kentdcs.org.uk

KDCS are a parents group providing informal support and social activities for deaf children and their families. They are linked to the National Deaf Children's Society which is the leading charity for Deaf Children and their Families in the UK.

KCHT Breakthrough

www.kcht.org.uk/breakthrough

Helps children aged 10-16 & their families who are experiencing difficulties through skilled mediation to build a greater understanding between family members. Group workshops for parents & young people include parenting skills, anger management & self-esteem. Local branches:

Canterbury, 29 St Georges Place 01227 819600

Dover, 25 Castle Street 01304 212154

Thanet, 9 Cecil Square 01843 230222

Breakthrough Plus (10-19yrs) 01843 282400

LOCAL ORGANISATIONS

National Autistic Society (local branches)

Thanet

07798 715839

www.freewebs.com/thanetnas

An information and support project they have a weekly club 5-8pm every Saturday at Quarterdeck, Zion Place, Margate.

Dover/Deal

07717 818680

www.freewebs.com/nasdd

Run an informal parent support group & school holiday activities.

Folkestone

Run a parent support group, monthly newsletters, outings, activities and get togethers.

Rethink Carers Support Group

www.rethink.org

Help carers of relatives, partners or friends with a wide range of mental health problems to access help and information and to provide comfort and support on a regular basis. Offer telephone support, monthly newsletter and monthly meetings.

Canterbury 01227 760707

Herne Bay 01304 214532

Ramsgate 01304 214532

Dover 01304 214532

Sense

01622 831345 (local branch)

www.sense.org.uk

A support group for those caring for people who are deaf/blind living in Kent. Provides a link with services offered by Sense nationally which includes information, training and holidays for children/people who have a sensory impairment.

LOCAL ORGANISATIONS

Windchimes Toy Lending Library

Windchimes, Reynolds Close, Herne Bay CT6 6DS

01227 741748

www.snaap.org.uk

Offers a large selection of toys to loan including projectors, optic sprays & sensory toys such as UV, musical & tactile as well as specialist books, storysacks, puzzles, DVD's & the full range of Makaton literature. Full catalogue and order form available online.

Wheelchair Users Group

Shop 21, Bouverie Place Shopping Centre (Level 2 Asda Car Park) F/stone

01303 226500

Provide a support help-line and information service covering all aspects of wheelchair use. Also run Folkestone Shopmobility which loans out wheelchairs and scooters. Open Mon-Fri 10-3

Canterbury District

ASD Parents Group

01227 284542

e-mail: caron.swan@kent.gov.uk

Hold termly meetings for those who have been diagnosed with Autistic Spectrum Disorders in the Canterbury Area. Meetings held in Whitstable & Canterbury & have guest speakers.

Family Action

www.family-action.org.uk

Whitstable & Herne Bay Family Support, Greenhill Family Centre,

Briary School, Greenhill Road, Herne Bay, CT6 7RS

01227 370987

Provide a range of services for families such as parent & toddler groups, emotional support and practical advice.

LOCAL ORGANISATIONS

SNAAP (Special Needs Advisory & Activities Project)

Windchimes, Reynolds Close, Herne Bay CT6 6DS

01227 367555

www.snaap.org.uk

Provide support, information and advice to parents and carers of disabled children. Also provide leisure activities including youth & sports clubs, parent & toddler groups & school holiday activities.

Swale Carers

Suite 9, Bank House, Broadway, Sheerness, ME12 1TW

01795 583440

Recently taken over from Carers Voice they provide support for parents caring for a disabled child aged 0-18 years of age. Service includes advice, advocacy, information, support groups and 1:1 emotional support. Also provide days out & activities.

Dover District

Aylesham Neighbourhood Project

01304 840134

www.aylesham-np.org.uk

Offer a wide range of groups & activities including a multi-sensory room & PIPS which is a play information parent support group for parents of children with disabilities or additional needs.

Dover District Carers Support

10 Victoria Road, Deal, Kent, CT14 7AP

01304 364637

www.ddcs.btik.com

Providing support and information to carer's including telephone support and drop-in at the new Carers Centre in Deal. Also help with form filling.

The Father's Club

01634 405168 - Folkestone and Maidstone

Provide support and guidance to fathers and grandfathers of children with an autistic spectrum condition. Monthly evening meetings provide support. Also has a library of relevant publications and a newsletter. Membership is free.

LOCAL ORGANISATIONS

Swale Borough

Family Action

www.family-action.org.uk

Provide a range of services for families such as regular parent & toddler groups, emotional support and practical advice.

Faversham

r/o 81 Preston Street, off Leslie Smith Drive 01795 539910

Sheppey

Family Support Project, Seashells, Sheerness 01795 662822

Family Action Young Persons Project

01795 889230

Aimed at children and young people of school age who require early intervention to address emotional and/or mental health needs that cannot be met in the home or at school. They work with children in Sheppey and Sittingbourne who are referred by teachers, GP's or professionals

Swale ASD Support Group

www.asd-support-swale.org

01795 534208 (Nicola Crosier)

A parent support group offering telephone, email and personal support and advice. Hold regular meetings across the area and occasionally host specific talks on relevant subjects. Also offer Grandparent support - 01795 532755 (Ann Wilkinson)

Swale Carers

Suite 9, Bank House, Broadway, Sheerness, ME12 1TW

01795 583440

Provide support for parents caring for a disabled child aged 0-18 years of age. Service includes advice, advocacy, information, support groups and 1:1 emotional support. Also provide days out and activities.

LOCAL ORGANISATIONS

Swale Young Carers

Support children aged 5-18 years who are caring for someone by offers an assessment of their needs, 1:1 support; short break activities; training days & befriending scheme. Run club '5-18', a weekly 'youth club' style group for young carers:

Sheerness - Tues 5-7pm at Healthy Living Centre

Sittingbourne - Thurs 4.15-6.15pm at Newhouse Youth Centre

Thanet District

Action for Children

The Hereson Family Community Centre, Lillian Road, Ramsgate
01843 596763

Provide a range of services for families including young carers support, free counselling for children and adults, 'Time Bank' which rewards local people for helping each other (for every hour you spend helping someone, you earn an hours credit), school holiday activities and telephone support if you need to talk to someone.

East Kent Mencap

132 Northdown Road, Cliftonville, Margate, Kent CT9 2RB

01843 224482/07896 844151

www.eastkentmencap.co.uk

Have a Children's Services Coordinator to develop services in Thanet. Run Youth Clubs and a Holiday Play Scheme, both for disabled children, and plan to develop more. Also work with local mainstream providers to assist them to make their activities as inclusive as possible. For more details see Leisure Section.

LOCAL ORGANISATIONS

Fegans 160

160 Margate Road, Ramsgate, Kent, CT12 6AA

01843 587000

www.fegans.org.uk

Work with parents, or those with parental responsibility, especially in times of crisis. Services include a pre-school nursery, parent & toddler groups, 'Talk Time' for children to talk through anxieties or difficulties, courses to help children develop self-esteem, counseling for children & parenting courses.

SPOTS (Supporting People on the Spectrum)

077 1706 4944

Email: spotspectrum@talktalk.net

A support group for parents, carers, family & friends of children and young people on the Autistic Spectrum.

Thanet Can Do

Email: thanetcando@yahoo.co.uk

A parent led group, set up (with the full support and backing of local professionals) for families of children with disabilities living in Thanet. Their aim is to see an improvement in the leisure facilities and resources for children with disabilities, and in services generally.

Thanet Downs Syndrome Support Group

Meet at Baptist Church Hall, Queens Road, Broadstairs, CT10 1NU

07817 805 013

www.thanetsdownsgroup.org.uk

Meet regularly for a cup of tea and a chat. Groups is friendly and open to everyone. Meeting dates on website or call.

Thanet O.W.L.S (Outreaching, Welcoming, Listening & Supportive)

01843 299999

www.thanetowls.org.uk

Provide a confidential listening & support service to anyone with any kind of worry or problem. Trained volunteers offer support between 7-10pm every evening.

NATIONAL ORGANISATIONS

National Organisations

Action for Sick Children

0800 0744 519

www.actionforsickchildren.org

Aims to ensure that sick children always receive the highest possible standard of care by offering advice on GP's, Out Patient appointments, going into hospital & helping children deal with pain.

ADDISS (Attention Deficit Disorder Information & Support Service)

020 8952 2800

www.addiss.co.uk

Provide information & support to anyone who needs assistance and has books covering all aspects of ADHD & related disorders.

AFASIC (Association for Speech Impaired Children)

0845 3 55 55 77

www.afasic.org.uk

Help children & young people with communication impairments by providing information, training and publications.

Allergy UK

01322 619898

www.allergyuk.org

Provide information on all aspects of allergy & food intolerance. Helpline provides practical advice and support to manage symptoms. Website has useful factsheets and articles.

BIBIC

01278 684060

www.bibic.org.uk

Offer practical help to families caring for children with conditions such as autism, cerebral palsy, Down's syndrome, developmental delay, traumatic & acquired brain injury & specific learning difficulties such as ADHD, dyslexia & dyspraxia.

NATIONAL ORGANISATIONS

The Bladder and Bowel Foundation

0845 345 0165 (nurse helpline) www.bladderandbowelfoundation.org

Provide information and support for people with bladder and bowel disorders, their carers, families & healthcare professionals.

The British Dyslexia Association

0845 251 9002

www.bdadyslexia.org.uk

Provides information & training on Dyslexia and has online shop with useful resources such as books, writing and IT equipment.

BLISS

0500 618 140

www.bliss.org.uk

Supports parents of premature babies by offering guidance and information at a critical time in families lives.

Brittle Bone Society

08000 282 459

www.brittlebone.org

Offers help, advice and information to people affected by Osteogenesis Imperfecta.

Calibre Audio Library

01296 432339

www.youngcalibre.org.uk

Provide the pleasure of reading to people with sight problems, dyslexia or physical disabilities. A free nationwide postal service of recorded books provided on MP3 format, CDs, or ordinary cassettes.

Carer's UK

0808 808 7777

www.carersuk.org

Provides carers with information and advice and offers a wide range of free booklets on all aspects of caring.

NATIONAL ORGANISATIONS

Cerebra

Parent Support: 0800 32 81 159

www.cerebra.org.uk

Counselling: 0800 04 39 385

Supports families caring for a child with a brain related condition by providing information and advice, sleep advice service, Speech Therapy, help to set up wills and trusts, grants for equipment, a free holiday home, postal lending library and telephone counselling helpline.

Cerebral Palsy Care

01634 220540

www.cerebralpalsycare.co.uk

Offer Conductive Education for children under five who have Cerebral Palsy or similar motor disorders, helping them to learn to do things that most babies and children do naturally.

Changing Faces

0845 4500 275

www.changingfaces.co.uk

Supports and represents people who have disfigurements to the face, hand or body from any cause by providing personal support for children, young people, adults and families.

Child Brain Injury Trust

0845 601 4939

www.cbituk.org

Provide information and advice for anyone affected by childhood acquired brain injury as well as offer small grants to enable them to take part in social activities.

Child Death Helpline

0800 282 986

www.childdeathhelpline.org.uk

For anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago. Open from Mon to Fri 10am to 1pm, & 7pm to 10pm.

NATIONAL ORGANISATIONS

ChildLine

0800 1111

www.childline.org.uk

A free 24hr helpline for children and young people providing a counselling service for any child with any problem whether they're feeling scared or out of control, lonely, worried, having problems at school or just want to talk to someone.

Children's Heart Federation

0808 808 5000

www.childrens-heart-fed.org.uk

Provide information and support for parents whose child has a heart disorder.

Climb (Children with Inherited Metabolic Diseases)

0800 652 3181

www.climb.org.uk

Provide information, advice and support on all metabolic diseases to children, adults, families & professionals.

The Compassionate Friends

0845 123 2304

www.tcf.org.uk

Helps bereaved parents & their families offering understanding, support & encouragement to others after the death of a child.

Contact a Family

0808 808 3555

www.cafamily.org.uk

Provide information & factsheets to families of children with any kind of disability, special need or long term health need. They can also put families in touch with each other or local groups.

Clear Vision Project

020 8789 9575

www.clearvisionproject.org

Has a nationwide postal lending library of 13,000 children's books with braille (or Moon), print and pictures, and tactile/sensory making them suitable for visually-impaired and sighted children and adults to share.

NATIONAL ORGANISATIONS

Cry-sis

08451 228 669

www.cry-sis.org.uk

Provide self-help and support for families with excessively crying, sleepless & demanding babies. (7 days a week 9am-10pm)

Cystic Fibrosis Trust

0845 859 1000

www.cftrust.org.uk

Provide information, advice & support to people with cystic fibrosis and their families. Produce publications & offer grants.

Depression Alliance

0845 123 23 20

www.depressionalliance.org

Produce publications covering various aspects of depression offer the information and guidance and have local self-help support groups which meets monthly in Gillingham.

Downs Heart Group

0844 288 4800

www.dhg.org.uk

Offers support and information relating to heart conditions associated with Down's Syndrome.

The Downs Syndrome Association

0845 230 0372

www.downs-syndrome.org.uk

Supports people with Downs Syndrome, their families and carers as well as for those with a professional interest.

The Dyslexia Institute

01732 352762

www.dyslexia-inst.org.uk

Provide support and services for people with dyslexia and literacy difficulties. Centre in Tonbridge provide Assessments & training.

NATIONAL ORGANISATIONS

Epilepsy Action

0808 800 5050

www.epilepsy.org.uk

Provide a wide range of information and advice about epilepsy.

Equality & Human Rights Commission

0845 604 6610

www.equalityhumanrights.com

Supports disabled people by providing them with information and advice about their rights under the DDA.

ERIC (Enuresis Resource & Information Centre)

0845 370 8008

www.eric.org.uk

Provide information and support on childhood bedwetting, daytime wetting, constipation and soiling.

Every Disabled Child Matters (EDCM)

www.edcm.org.uk

Campaign to get rights and justice for every disabled child.

The Family Fund

www.familyfund.org.uk

Gives grants to low-income families to meet the additional needs of caring for a severely disabled child such as specialist toys, holidays, driving lessons & washing machines.

Family Fund Extra

www.familyfundextra.org.uk

Become a member and receive discounts from leading high street retailers such as 10% discount from comet and 5% from argos. Also receive free energy saving lightbulbs.

Family Rights Group

0800 731 1696

www.frg.org.uk

Offer advice and support for families whose children are involved with social services.

NATIONAL ORGANISATIONS

Fragile X Society

01371 875100

www.fragilex.org.uk

Provide support and information for families whose children and relatives have Fragile X

HemiHelp

0845 123 2372

www.hemihelp.org.uk

A membership organisation supporting children and young people with hemiplegia, and their families

Hyperactive Children's Support Group

01243 539966

www.hacsg.org.uk

Provide support, information and a range of literature to help ADHD/Hyperactive children.

Lets Face It

01843 833724

www.lets-face-it.org.uk

Offer friendship, link families and build courage to face life regardless of how or why a face is disfigured.

Listening Books

020 7407 9417

www.listening-books.org.uk

Provide selection of audiobooks, on MP3, CD or via internet, to people who find it difficult or impossible to read due to illness or disability.

Mencap

0808 808 1111

www.mencap.org.uk

Provide information & advice for people with learning disabilities.

Muscular Dystrophy Campaign

0800 652 6352

www.muscular-dystrophy.org

Provide people with neuromuscular conditions and their families information and advice about their conditions.

NATIONAL ORGANISATIONS

The National Autistic Society

0845 070 4004

www.nas.org.uk

Offer practical help and advice for people with Autistic Spectrum Disorders, their families and carers.

National Blind Childrens Society

www.nbcs.org.uk

Provide information and advice for children with visual impairments as well as offer grants for communication equipment. Also have 'Direction Point', a Guide to Services.

National Centre for Young People with Epilepsy

01342 831342

www.ncype.org.uk

Provide information and support for children and young people with epilepsy and other neurological conditions.

National Deaf Children's Society

0808 800 8880

www.ndcs.org.uk

Helpline provides clear, balanced information and support for families of deaf children, deaf young people and professionals working with families. Also provide grants and loan equipment.

The National Literacy Trust

020 7587 1842

www.literacytrust.org.uk

Provide support & information to help improve reading & writing

Newlife Foundation for Disabled Children

0800 902 0095

www.newlifecharity.co.uk

Provides support for parents of disabled children aged up to 18. Helpline provides qualified Nurses who offer comfort, support and guidance as well as offer grants for equipment.

NATIONAL ORGANISATIONS

The Nystagmus Network

0845 634 2630

www.nystagmusnet.org

Self-help group providing support for people with nystagmus, an eye condition characterised by rapid, jerky eye movements.

One Parent Families

0800 018 5026

www.oneparentfamilies.org.uk

Specialist advice service for lone parents caring for a child with a disability or long-term health problem.

Parentline Plus

0808 800 2222

www.parentlineplus.org.uk

Offer free, 24 hour confidential helpline to anyone parenting a child on any issue that is affecting them.

Respond

0808 808 0700

www.respond.org.uk

Helpline for people with learning disabilities, their families, carers and professionals affected by trauma and abuse

Rethink

0845 456 0455

www.rethink.org.uk

A mental health membership charity, working to help everyone affected by severe mental illness a better quality of life.

Rett Syndrome Association UK

01582 798910

www.rettsyndrome.org.uk

07970 546653 - Out of hours family helpline

Offer information, practical help, friendship and support to people with Rett Syndrome, their families and carers.

NATIONAL ORGANISATIONS

Royal National Institute for the Blind (RNIB)

0303 123 9999

www.rnib.org.uk

Confidential helpline offers information, support & advice.
Website has information about specific conditions.

Royal National Institute for the Deaf (RNID)

0808 808 0123

www.rnid.org.uk

Offer information, training, fact sheets, leaflets, publications
and information about equipment and products.

Samaritans

08457 90 90 90

www.samaritans.org.uk

24hr confidential & emotional support for people experiencing
feelings of distress or despair. Can also e-mail anonymously.

Scope

0808 800 3333

www.scope.org.uk

Offer support, information, campaigning & news for people
with Cerebral Palsy & related disabilities.

Sibs

01535 645453

www.sibs.org.uk

Provide support & information for people who grow up with a
brother or sister with disability or chronic illness.

STEPS

0871 717 0044

www.steps-charity.org.uk

Provide support & advice to families of children with lower
limb abnormalities including club feet, hip problems,
amputations and orthotic support.

NATIONAL ORGANISATIONS

TAG (The Arthrogyrosis Group)

01737 813527

www.tagonline.org.uk

A national support group for people, or families with children, who have the condition Arthrogyrosis (stiff joints).

Unique

01883 330766

www.rarechromo.org

Information and support for families of children with rare chromosome disorders.

Vision Aid

01204 64265

www.visionaid.org.uk

Offer practical help & advice to families of children with sight difficulties.

Winston's Wish

08452 03 04 05

www.winstonswish.org.uk

Offer practical support and guidance to bereaved children, young people and their families.

Working Families 'Waving not Drowning'

0800 013 0313

www.workingfamilies.org.uk

Provide information & advice, including details of flexible working rights, for parents who work, or want to work, and who have children with disabilities.

Young Minds

0808 802 5544

www.youngminds.org.uk

Helps improve the emotional well being and mental health of children and young people and empowering their parents and carers. Confidential Helpline number for anyone worried about the emotional problems or behaviour of a child or young person.

NATIONAL ORGANISATIONS

Legal Advice

AVMA (Action for Victims of Medical Accidents)

0845 123 2352

www.avma.org.uk

Provide support, legal advice, referral to specialist solicitors and help through the NHS complaints procedure.

The Community Legal Service

0845 345 4 345

www.clsdirect.org.uk

A Government initiative ensuring everyone has access to good quality legal advice and information.

The Disability Law Service

020 7791 9800

www.dls.org.uk

Provide free legal advice and representation for disabled people, their carers and families.

USEFUL WEBSITES

Useful Websites

- Able (formerly Disability View)** www.ablemagazine.co.uk
Information on issues such as disability, holidays, sports and benefits. Produce regular magazine.
- AiA Allergy induced Autism** www.autismmedical.com
Information about diet & parent forum
- Asthma UK** www.asthma.org.uk
Provides information and advice on all aspects of asthma.
- AuKids** www.aukids.co.uk
Contains ideas & inspiration for parents of children under 10 with an autism spectrum disorder.
- Autism-Aspergers** www.groups.yahoo.com/group/autism-aspergers
Support groups for parents of children with Autism & Aspergers
- Autism Independent UK** www.autismuk.com
A wide range of information and links.
- Autism Resources** www.autism-resources.com
Information and links regarding Developmental Disabilities, Autism and Asperger's Syndrome
- Benefits Advisor** www.benefits-adviser.direct.gov.uk
Online calculator that enables you to work out what benefits and tax credits you are entitled to.
- Benefits and Work** www.benefitsandwork.co.uk
Downloadable step-by-step guide that can help with completing DLA forms.

USEFUL WEBSITES

Being a Stepparent

www.beingastepparent.co.uk

Focuses on extensive advice for step parents & their families, includes information about children with special needs.

British Allergy Foundation

www.allergyfoundation.com

Provides up to date information, advice and support to help people with allergies

Caring with Confidence

www.caringwithconfidence.net

Aims to help carers make a positive difference to their life. Work through online sessions that will help you assess your caring role.

Changing Places

www.changing-places.org

Provides information for those who cannot use accessible toilets and need changing facilities. Lists all current facilities in the UK and also those planned.

Charity Commission

www.charity-commission.gov.uk

Searches for all charities, ideal for fundraising searches.

Childrens Disabilities Information

www.childrensdisabilities.info

Information for children's disabilities and special needs.

Coping with Stress

Coping with the stress of having a child with a disability can be tough at times and you or your child may suffer from anxieties, phobias or depression. The following websites can offer specific advice on these subjects:

No Panic

www.nopanic.org.uk

No more panic

www.nomorepanic.co.uk

Anxiety Care

www.anxietycare.org.uk

Anxiety Alliance

www.anxietyalliance.org.uk

USEFUL WEBSITES

The Couple Connection

www.thecoupleconnection.net

Relationship strengthening tool for couples, includes a section on issues when there is a child with additional needs.

Direct Enquiries:

(The Nationwide Access Register)

www.directenquiries.com

Search for accessible facilities & venues anywhere in the UK.

Direct Gov

www.direct.gov.uk

The latest and widest range of public service information.

Disability Now

www.disabilitynow.org.uk

Has a large database of information about disability issues & campaigns. Also produce national disability newspaper.

Do to Learn

www.dotolearn.com

Printable activities which promote independence to individuals with special needs.

The Downs Syndrome Educational Trust

www.downsed.org

Charity that works to advance the development and education of individuals with Downs Syndrome.

Disability Benefits

www.benefitshelpline.com/disability

Information on benefits including entitlement, claiming, how it is paid, how long for and rates.

Disability Equipment Register

www.disabilityequipment.org.uk

Lists second hand equipment for sale and wanted.

Dyspraxia Foundation

www.dyspraxiafoundation.org.uk

Helps people understand and cope with Dyspraxia

USEFUL WEBSITES

The Dystonia Society

www.dystonia.org.uk

Provide support for people with Dystonia.

Easyhealth

www.easyhealth.org.uk

Provide easy to read health information for people with learning difficulties.

Ehlers Danlos Syndrome

www.ehlers-danlos.org

Ehlers Danlos Support Group

Equip for Life

www.equipforlife.org.uk

Buy and sell used disabled equipment.

Food Matters

www.foodmatters.com

A useful website for anyone with a food allergy, food intolerance, food sensitivity or on a restricted diet.

Formative Fun

www.wiseowltoys.co.uk

Products are appealing to all children but are particularly useful where a child has a specific learning difficulty.

Food Matters

www.foodmatters.com

A useful website for anyone with a food allergy, food intolerance, food sensitivity or on a restricted diet.

HE Special

www.he-special.org.uk

Group of families who home educate children with SEN. Website provides information and discussion mailing list.

Home Education Advisory Services

www.heas.org.uk

Provide telephone advice line and other resources for parents who choose to teach their children at home.

USEFUL WEBSITES

(Invisible) Disabilities in the UK www.geocities.com/dolfrog/index.html
Provides information, support & help links for all families who cope with disabilities

Kent Trust Web www.kenttrustweb.org.uk
The Extranet for Kent's Children Families and Schools.

Kent Resource Directory www.krd.org.uk
On-line directory brings together information about services, activities, support and guidance for children and young people, aged 0 -19 years, parents and practitioners across Kent.

Learning 4 R Kids www.groups.yahoo.com/group/learning4rkids
Support group for parents/carers of kids with learning difficulties

Living with ADHD www.livingwithadhd.co.uk
Information and support on ADHD

Mental Health Foundation www.mentalhealth.org.uk
Provide information for anyone affected by mental health problems.

Mobility Information Service www.mis.org.uk
Offer advice about buying a car, wheelchair or scooter, information about adaptations, tax and parking badges.

Multikulti www.multikulti.org.uk
Provide accurate and culturally appropriate translations of information, advice, guidance and learning materials.

National Children's Bureau www.ncb.org.uk
Services and support for children and young people with disabilities and special educational needs

USEFUL WEBSITES

National Debtline

www.nationaldebtline.co.uk

Free, confidential & independent helpline 0808 808 4000

National Health Service Website

www.nhs.uk

Official site of the NHS. Get expert information on conditions, treatments and local service.

Need a Loo

www.needaloo.org

Listing public accessible disabled toilet facilities with maps showing locations.

Net Doctor

www.netdoctor.co.uk

The UK's leading independent health website

NHS Direct

www.nhsdirect.nhs.uk

Find out about illnesses, tests & treatments plus lots more.

Obsessive Compulsive Disorder

www.ocdyouth.info

Information for young people with OCD

Paltalk

www.paltalk.com

Allows you to talk to friends and family over the internet. Ideal for those who can't type.

The Parent Centre

www.parentcentre.gov.uk

Information for parents on how to help with your child's learning. Includes special needs section.

Patient UK

www.patient.co.uk

Offer a range of services including leaflets on health and disease, self/help/patient support groups and health issues.

Peach

www.peach.org.uk

Parent-led charity promoting early behavioural intervention for young children with autism.

USEFUL WEBSITES

The Personal Assistants Network

www.panet.org.uk

Provides information for Personal Assistants, people who employ them or would like to. Help with information on Direct Payments and budgets.

Peta UK Ltd

www.peta-uk.com

Design & manufacture a range of special needs scissors, garden & kitchen tools.

Pharmacy & Drugs

www.rxlist.com

Internet medicine index, providing information on Prescription medicine, herbal and homeopathics.

Play Helps

www.roma.testbench.co.uk

Roma Lear provides instructions on how to make toys for children with special needs.

RADAR

www.radar.org.uk

Represents opinions & concerns to policy-makers & legislators & campaigns to promote equality for all disabled people.

Reverb-UK

www.groups.yahoo.com/groups/reverb-uk

Online support group for parents of deaf children.

The Sibling Support Project

www.siblingsupport.org

Online support group for brothers and sisters of people with disabilities.

Special Friends Online

www.specialfriendsonline.com

Online community for people with learning difficulties, their parents, carers and volunteers.

Special Kids in the UK www.groups.yahoo.com/group/specialkidsintheuk

Support & information group for parents with special kids of all disabilities

USEFUL WEBSITES

Speech Teach UK

www.speechteach.co.uk

Downloadable resources include educational, speech related therapy activities, parents information, clip art and animations

Talking Point

www.ican.org.uk

Information about speech, language and communication difficulties in children.

The Henry Spink Foundation

www.henryspink.org

Provide information on treatment and therapies for disabled children.

The Princess Royal Trust for Carers

www.carers.org

Provides information, support and practical help to carers

ToGoGo

www.togogo.info

Has information about local leisure across Kent.

Toy Directory

www.toydirectory.com/specialneeds.htm

U.S site with ideas about toys & activities for children with special needs.

Uhadtogether

www.uhad2bthere.co.uk

Database of Charities, Organisations, Companies and Service Providers to help disabled people and their families.

YC Net for Young Carers

www.youngcarers.net

For young carers to get advice, support and meet other young carers in an online forum.