

Parent support services



Relate

Support for parents; family coaching, individual counselling, parenting workshops,



www.relate-bournemouth.org.uk/support-for-parents.html

Family Hubs

Supporting families to build a brighter future. Drop-in, groups



bcpcouncil.gov.uk/familyhubs

This May Help



Online videos; advice for supporting your child's mental health

www.thismayhelp.me

The Recovery Education Centre

Free educational; based courses focusing on recovery, wellbeing and shared learning, including; understanding young person's recovery



www.dorsethealthcare.nhs.uk

Young Minds

Lots of practical advice and tips on supporting your child.



Parent Helpline: 0808 802 5544

www.youngminds.org.uk/parent

Parent line

confidential text messaging service

07312 263131



Steps 2 wellbeing



For over 18's offering talking therapies including counselling, online courses, CBT and guided self help to support common mental health issues. Self referral

www.steps2wellbeing.co.uk

Connections

24/7 mental health helpline

0800 652 0190

or via NHS 111



Action for children

Parenting programmes (incredible years, behaviour that challenge us),



<https://services.actionforchildren.org.uk/dorset-services>

Home Start Wessex

Support for families with under 5's, in Bournemouth, Poole and Christchurch



www.homestartwessex.org.uk

YMCA



Offers support to families

<http://www.ymcabournemouth.org.uk/>

SENDiass

Special Educational Needs and Disabilities Information, Advice and Support Services for BCP

www.sendiass4bcp.org



National Autistic Society

National services; advice & guidance, help and support

www.autism.org.uk



Autism Unlimited

Local services: signposting, resources and parent course

www.autism-unlimited.org



Scope



Navigate is a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs.

www.scope.org.uk/family-services/navigate/

the curly hair project

the curly hair project

Online Courses for Parents
Our fun, vibrant, visual, e-courses help parents understand their autistic children.

www.thegirlwiththecurlyhair.co.uk

Ambitious about autism



Information, advice, online community for parents, parent tool kit for early years.

www.ambitiousaboutautism.org.uk

The Umbrella Group

Umbrella Group is a parent led support group, for parents of children and young adults with ASD

 The Umbrella Group - Christchurch and surrounding area

Parent Carer Foundation

SEND Coffee Drop-ins

Tesco Extra, Community Room, Tower Park, Poole, BH12 4DX

Wednesday (term-time only) 10.00am-12.00pm

Telephone 07585 404335 (office hours only) or email

parentcarerfoundation@gmail.com



Parent Carer foundation

www.parentcarefoundation.org.co.uk

Linwood Training, Support & Advice

An Introduction to Autism and Neurodiversity for parents.

This session will provide parents with a basic overview of how Autism and Neurodiversity may present in children and young people. No charge

Please email ; jackiehorne@linwood.bournemouth.sch.uk for session details / availability.

The Hope programme

Free Self-managment course; Offers 6 online session

www.H4C.org.uk/courses



@DORSETMHST