Additional needs support groups and providers in North Lancashire

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| **Age**  **range** | **Information** | **Venue and times** | **Contact** | **Referral information** |
| **GROUPS** | | | | |
| 0-8 | **AOK** Parent peer support group for children with add needs and their siblings. Weekly stay and play groups – information, advice and support on education, health and support services. | Lune Park Neighbourhood Centre Ryelands Park Lancaster  Wednesdays 1.00-3.00 Delivered by Children and Family Wellbeing Service and Lucy Ellis | 01524 581280 (Lune Park) | No referral needed. Drop in |
| 12-19 | **AOK+** youth group for young people with additional needs and their siblings and parents. | Morecambe Library  Wednesday 6-8 delivered by Children and Family Wellbeing Service | 01524 581280 (Lune Park) | No referral needed. Drop in |
| 0-5 | **Unique Kidz and Co Stay and play**  ***Also offers respite for school holidays for school aged children and young people. (pre booked only)*** | Unique Kidz and co Woodhill Lane Morecambe  Term time only Stay and Play Wednesdays 10.00-12  Sensory sessions Thursdays 12.30-2.30 | 01524 831132 | No referral needed  Drop in  *Also offers respite for school holidays for school aged children and young people. (pre booked only)* |
| 0-12 | **Support Sunday’s Stay and play group** Special needs play and youth group activities. Siblings welcome. | Lancaster Boys and Girls Club, Dallas Rd Lancaster  7th April, 12th May, 9th June  £1 per child | Rachel 07809413766 | No referral needed |
| 16+ | **A Spectrum Connection**  Games activities and peer support | Brew Me Sunshine Café Morecambe  Group held in the back room of the café. 2nd Saturday of the month | FB group [www.facebook.com/groups/aspectrumconnection](http://www.facebook.com/groups/aspectrumconnection) | No referral needed |
| 5-18 | **Loyne School Chill n Chat (For Loyne school families only)** | Loyne School Thursdays term time only 9.30-12 | Amanda Gardner 01524 64543 | Loyne Families only |
| 5-18 | **Salt Ayre Additional Needs Exclusive sessions**  X-Height Climbing wall Thursdays 4.00+5.00  Energy Soft play Tuesdays 4.00-5.30  ***Siblings welcome too*** | Salt Ayre Sports Centre Doris Henderson Way Lancaster  X Height and Energy term time only | Pre-booked sessions only via [www.northlancsdirectionsgroup.com/book-online](http://www.northlancsdirectionsgroup.com/book-online)  Phone or text Lucy Ellis 07873818153 | Pre-booked only |
| **PARENT PROGRAMMES** | | | | |
| 5-18 | **Cygnets Autism Programme** for parent carers of children/young people with a diagnosis of Autism  **Core Programme** 6 weekly sessions  **Supporting Siblings** 2 weekly sessions  **Puberty, sexual wellbeing and relationships** 3 weekly sessions  **Practitioners Course** 2 full days FREE training for practitioners working with CYP in North Lancashire. | Delivered from Neighbourhood centres in Lancaster and Morecambe. Day time, term time only. | 07873818153  [cygnetsnorthlancs@gmail.com](mailto:cygnetsnorthlancs@gmail.com)  [www.northlancsdirectionsgroup.com/cygnets](http://www.northlancsdirectionsgroup.com/cygnets)  Lucy Ellis – Lead trainer | Enrolment via form on website for post diagnosis support. Professional or self-referral accepted. |
| 2-10 | **The Incredible Years** 14 weekly sessions designed to help parents/carers manage their child’s difficult behaviour, this includes children with ADHD. Initial home visits are provided, weekly telephone support and a 15th week celebration session. | Delivered from Neighbourhood centres | Wendy Hart  Ross Centre Morecambe 01524 550650  [Wendy.hart@lancashirecare.nhs.uk](mailto:Wendy.hart@lancashirecare.nhs.uk) | Professional or self-referral |
| 0-11 | **Group Triple P (Positive Parenting Programme)** Evidence based level 2 programme. 5 weekly group sessions, 3 weeks telephone support then 1 week group celebration | Delivered from Neighbourhood centres | 01524 581280 (Lune Park) | Contact Lune Park for information |
| 12-19 | **Group Teen Triple P**  Evidence based level 2 programme. 5 weekly group sessions, 3 weeks telephone support then 1 week group celebration | Delivered from Neighbourhood centres | 01524 581280 (Lune Park) | Contact Lune Park for information |
| Pre-adolescent children | **Stepping Stones Triple P**  For parents of children with additional needs with intellectual and physical disabilities displaying disruptive behaviour. 6 weekly group sessions and phone support. | Delivered from Neighbourhood centres | 01524 581280 (Lune Park) | Contact Lune Park for information |
|  | **Riding the Rapids**  An 11 week session parent-training course for parents and carers of children and young people with an autism diagnosis and complex needs including severe learning disabilities. Course aims to increase parents understanding of their child’s behaviour, enable to apply strategies to manage child’s behaviour, reduce their stress and improve relationships. |  | Children’s Learning disability team and Autism diagnostic assessment pathway team.  01524 550331 | Young person need to be an open case or known to the service. |

**Lancashire Local Offer** [www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND)

**IAS** For information, advice and support from Lancashire County Council around SEND please contact the following people.

The Lancashire County Council IAS Team was previously the SEND Information Advice and Support Service (SENDIASS) and the Child and Family Support Team. You may also have heard of the Parent Partnership Service which SENDIASS replaced in 2014.

The service is free, impartial, and confidential. It can help you to gather, understand and interpret information and apply it to your own situation. We can provide information around the following areas in relation to SEND:

* rights, roles and responsibilities
* health and social care processes, regulations and guidance
* support from other agencies and organisations

We can also support to families in:

* managing mediation appeals, to the First-tier Tribunal
* exclusion from school
* liaising between you, your nursery, school or college and other professionals

Young people aged 16-25 can access the service independently from their parents.

We may offer one to one support by telephone, email or meetings depending on your circumstances.