

# **Information for families looking for support with the ADHD or Autism journey**





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# Information for families looking for support

The aim of this document is to provide clear signposts to trusted organisations and local services so that families can find the right help at the right time.

## Attention Deficit Hyperactivity Disorder (ADHD) in children

For information on ADHD in children and young people, go to the NHS website here

[www.nhs.uk/conditions/adhd-children-teenagers](http://www.nhs.uk/conditions/adhd-children-teenagers)

## Autism

For information on Autism, go to the NHS website here [www.nhs.uk/conditions/autism](http://www.nhs.uk/conditions/autism)

**Note:** having ADHD or Autism doesn't necessarily mean having special educational needs and disabilities (SEND), but SEND support provides a framework if a child's needs are above those of their peers, which might put them at a disadvantage if they don't receive the support they need.

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## Things you can do

### 1 Research national and local charities

Such as the National Autistic Society, ADHD Foundation, or Child Autism UK for tailored support and guidance. They have a lot of information to help you understand more about ADHD and Autism along with advice and support.

### 2 Check out the Local Offer

This is a directory of services, use the search function to find the area you are looking for.

The SEND Local Offer is something every Local Authority has to provide. There is also a newsletter and a Facebook page. Find out more below.

### 3 Explore regional services and charities

Look for services and support across West Yorkshire. There are organisations and charities that operate across the region. Support from them can be found in person or online and is available before diagnosis.

### 4 Speak to your Health Visitor, GP, or school SENCO

Your Health Visitor and GP can help you. SENCO is a Special Educational Needs Coordinator, they can guide you to speech and language therapy, assessments, and referrals.

### 5 Join community support groups

Local community support groups offer help from people in a similar position to you, along with advice, parent coaching, and access to resources. **You're not on your own!**

For both regional and community support, if you have any fears or social anxieties, reach out to the organisers beforehand, get details, information, directions, where to park, where the toilets are, when you can leave, what services are there, and what to expect. If you want to, take a friend.

## Local Offer

The Local Offer is a website from the council that shows what help and services are available in our area for children and young people (up to age 25) with special educational needs or disabilities.

For free, impartial advice and support regarding Special Educational Needs and Disabilities (SEND), parents and young people in Wakefield should contact [Wakefield Early Support Advice Information and Liaison \(WESAIL\) SENDIAS](#), managed by Family Action.

The Wakefield Council SEN team is the Special Educational Needs Assessment and Review Team (SENART), which is responsible for Education, Health, and Care Plans (EHCPs).

### What the teams do

#### **WESAIL** (Wakefield SENDIAS)

Provides free, impartial advice and support to families and young people on SEND matters. It is separate from the council but manages the [Wakefield Local Offer](#), a key resource for local SEND information.

#### **SENART** (Special Educational Needs Assessment and Review Team)

Manages the statutory framework for children with SEND. They handle requests for EHCPs and implement them. They also support schools with statutory processes and the wider Inclusion Service. They act as the Local Authority Representative in mediation, dispute resolution, and SEND Tribunal appeals.

### Contact information

For **WESAIL** (information, advice and support): Email [wakefieldlocaloffer@family-action.org.uk](mailto:wakefieldlocaloffer@family-action.org.uk) or leave a message on 01924 965588.

For **SENART** (EHC Plans): Phone 01924 302465 or email [SENART@wakefield.gov.uk](mailto:SENART@wakefield.gov.uk).

### IPSEA

If you need independent advice about the law and your child's rights to an education, there is an organisation called IPSEA. Their name stands for Independent Provider of Special Education Advice. A registered charity that provides free, legally based advice and support to parents and carers of children with special educational needs and disabilities (SEND). [www.ipsea.org.uk](http://www.ipsea.org.uk) 0300 222 5899

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## National charities and support organisations

### **ADHD Embrace**

ADHD Embrace is a charity supporting parents and professionals who live and work with children and young people with ADHD. Runs free workshops, seminars, a resource library, newsletters, and an online community. <https://adhdembrace.org>

### **Ambitious about Autism**

Supports autistic children and young people, as well as parents and carers. They host the Ambitious Youth Network, an online space for autistic young people, between the ages of 13-25, to be themselves. <https://www.ambitiousaboutautism.org.uk> 020 8815 5444

### **Autism Central**

A network for parents and carers of autistic children, commissioned by the NHS, offering a searchable directory of UK services. It aims to build knowledge, understanding and empower families and carers to advocate for people they support. <https://www.autismcentral.org.uk>

### **Child Autism UK**

Run a helpline offering advice on diagnosis, EHCPs, communication, behaviour, and family support, including tailored programmes for children. <https://www.childautism.org.uk> 01344 882248

### **Contact for families with disabled children**

Provides a freephone helpline, emotional support, guides, and links to support groups for parents of children with ADHD and other needs. <https://contact.org.uk> 0808 808 3555

### **Kids**

Advice pages for practical guidance on navigating the SEND and education system, helping you support your child's learning and development at every stage. They also provide a Young People's Hub designed for young people with SEND aged 13-25. <https://www.kids.org.uk> 01482 467540

### **National Autistic Society**

Offers advice and guidance, help and support, including an online community. <https://www.autism.org.uk>

### **NeuroHive**

NeuroHive creates safe spaces for neurodiverse young people. They conducted supportive community activities, specialist projects and creates dedicated spaces, which are tailored to individual's needs. <https://www.neurohiveic.com>

### **The Makaton Charity**

A national charity that provides information, support, and training about Makaton for use by all ages, their families, and people who work with them. <https://www.makaton.org> 01276 606760

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## **Local charities and support organisations**

### **Wakefield Parent and Carer Forum**

Wakefield Parent Carer Forum is an independent parent carer forum supporting families of children with special educational needs and/or disability, aged 0-25 years old, living in the Wakefield district. It is led by a group of local SEND parents who listen to, and represent the views of parents, carers, children and young people now and in the future. They work in partnership with service commissioners and providers to make a positive difference and improve the quality of life for all SEND children and families in Wakefield district.

Their website lists local places for advice and support, useful information like a jargon buster and top tips, and a diary of local events and activities. You can also sign up to be a member which gives you access to the private Facebook chat group.

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

Online contact form <https://www.wakefieldparentcarers.co.uk/contact-us> and email [info@wakefieldparentcarers.co.uk](mailto:info@wakefieldparentcarers.co.uk) or visit them in Castleford at their base next to The Hut.



## Wakefield Family Hubs

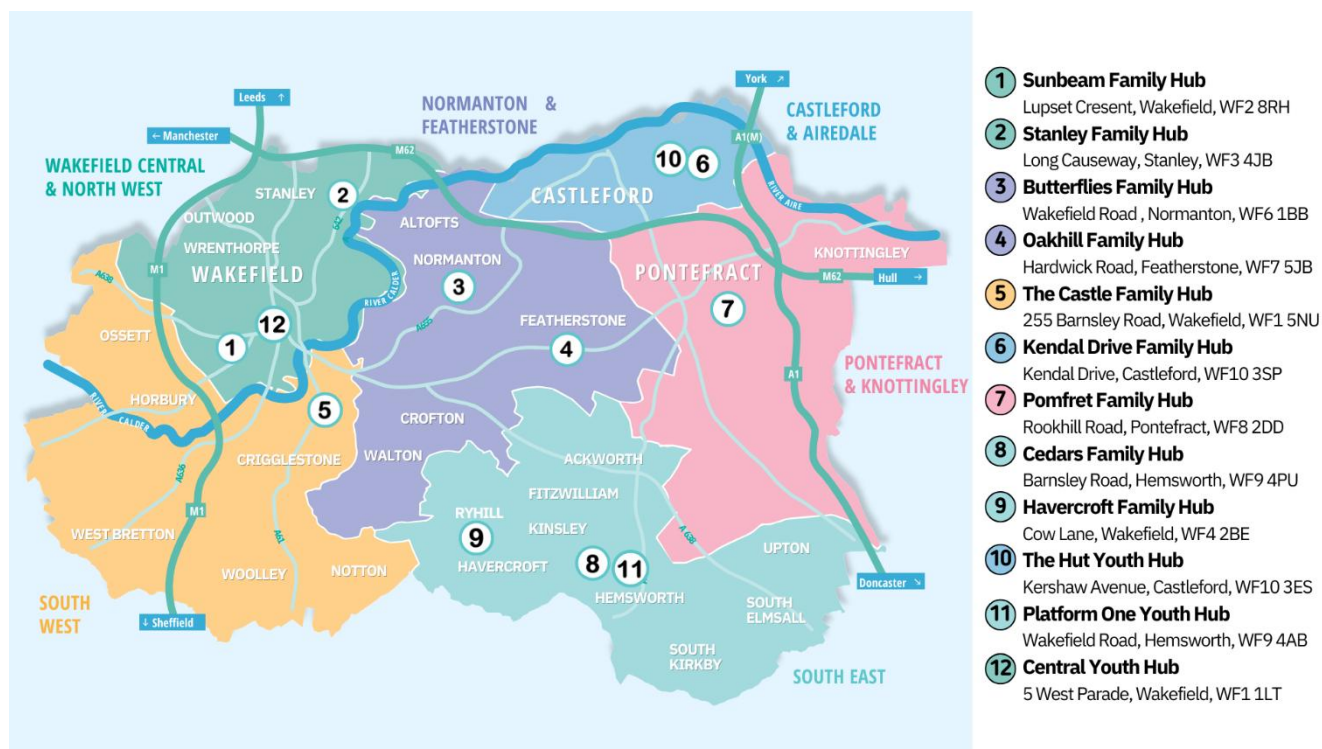
Family hubs are a network of local community venues, with specialist services and partner organisation so you can access early help, meet other local families, take part in activities, and join helpful groups.

Groups cover things like sensory stay and play, speech and language therapy, wellbeing, and home education support.

Groups are free to attend and SEND friendly but you may need to book onto some of the sessions.

<https://www.wakefieldfamiliesitogether.co.uk/family-hubs>

There are nine family hubs in Wakefield District:



- **Sunbeam** Family Hub 01924 302333 email [WFTSunbeamFamilyHub@wakefield.gov.uk](mailto:WFTSunbeamFamilyHub@wakefield.gov.uk)
- **Stanley** Family Hub 01924 303181 email [WFTStanleyFamilyHub@wakefield.gov.uk](mailto:WFTStanleyFamilyHub@wakefield.gov.uk)
- **Butterflies** Family Hub 01924 307835 email [WFTButterfliesFamilyHub@wakefield.gov.uk](mailto:WFTButterfliesFamilyHub@wakefield.gov.uk)
- **Oakhill** Family Hub 01977 723923 email [WFTOakhillFamilyHub@wakefield.gov.uk](mailto:WFTOakhillFamilyHub@wakefield.gov.uk)
- **Castle** Family Hub 01924 303376 email [WFTCastleFamilyHub@wakefield.gov.uk](mailto:WFTCastleFamilyHub@wakefield.gov.uk)
- **Kendal** Drive Family Hub 01977 723543 email [WFTKendalFamilyHub@wakefield.gov.uk](mailto:WFTKendalFamilyHub@wakefield.gov.uk)
- **Pomfret** Family Hub 01977 722644 email [WFTPomfretFamilyHub@wakefield.gov.uk](mailto:WFTPomfretFamilyHub@wakefield.gov.uk)
- **Cedars** Family Hub 01977 722215 email [WFTCedarsFamilyHub@wakefield.gov.uk](mailto:WFTCedarsFamilyHub@wakefield.gov.uk)
- **Havercroft** Family Hub 01924 306312 email [WFTHavercroftFamilyHub@wakefield.gov.uk](mailto:WFTHavercroftFamilyHub@wakefield.gov.uk)

## Beat Autism

Beat Autism, a local organisation, set up after parents who have children with Autism found it difficult to find support. They Offer 1:1 support for parents, school training and workshops, and coffee groups. <https://beatautism.co.uk> 07903 271785

### **Carers Wakefield and District**

Carers Wakefield and District provides information, support, and advice to unpaid carers, aged 17 and over, who give help to a relative, child or friend who is ill, has a disability or has a mental health problem. [www.carerswakefield.org.uk](http://www.carerswakefield.org.uk) 01924 305544

### **Changing our Direction**

Provided by Kids, a national charity, 'Changing Our Direction' supports families of young people aged 11-16 years in the Wakefield area who present with self-harming behaviours.

[www.kids.org.uk/services/changing-our-direction](http://www.kids.org.uk/services/changing-our-direction) 01924 683890

### **Citizens Advice Wakefield District**

Citizens Advice offer free, confidential, impartial advice. No appointment drop-in at 27 King Street, Wakefield, WF1 2SR <https://wakefielddistrictcab.co.uk> 0808 812 7134

### **Compass**

Commissioned by the NHS, Compass provides emotional health and wellbeing services for children and young people in their communities in Wakefield District. [compass-uk.org/services/wakefield-children-and-young-peoples-emotional-health-and-wellbeing-service](http://compass-uk.org/services/wakefield-children-and-young-peoples-emotional-health-and-wellbeing-service) 01924 665093

### **Complex Needs Team**

The Complex Needs Team work at our local hospitals. They aim to make sure that all patients with a complex need receive good quality care at the same level as all patients using services. Open 8.00 am to 5.00 pm. [www.midyorks.nhs.uk/complex-needs](http://www.midyorks.nhs.uk/complex-needs) 01924 542102.

### **Connect to Support**

Connect to Support Wakefield is a wide ranging website for people across the district and has information on Autism, from pre diagnosis to support and a directory of information about Autism. [wakefield.connecttosupport.org/conditions-and-disabilities/autism-care-pathway/support-with-autism](http://wakefield.connecttosupport.org/conditions-and-disabilities/autism-care-pathway/support-with-autism) and [www.wakefield.gov.uk/media/efbbi2ra/autism-directory.pdf](http://www.wakefield.gov.uk/media/efbbi2ra/autism-directory.pdf)

### **DIAL Wakefield**

We provide a free, comprehensive, confidential, independent advice and information service to disabled people, their carers, families, friends, and other professionals. <https://dialwakefield.co.uk> 01977 723933

### **Early Intervention and Prevention Service**

The Early Intervention and Prevention Service offers a range of support and services designed to help families in the district and can be accessed through the Family Hubs.

<https://wakefield.mylocaloffer.org/early-help-service/early-intervention-and-prevention-service>

### **Future Selph**

Future Selph provide free and tailored support to young people aged 16 to 25 experiencing difficulties with their mental and emotional wellbeing. <https://www.futureselph.co.uk>

### **Growing Healthy Wakefield 0-19 Service**

The Growing Healthy Wakefield 0-19 Children's Service provides health visiting and school nursing support – working with children, young people, and their families to ensure that children have the best start in life and can fulfil their potential.

<https://hdfchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-wakefield>  
0300 373 0944



## **KidzAware**

KidzAware is a not-for-profit charity and social enterprise who support children and adults with disabilities and their families. <https://kidzaware.co.uk/> 01924 376882

## **Lighthouse Therapy Hub**

The Lighthouse Therapy Hub is a low demand, trauma informed Creative Therapy and Coaching Service in Morley, with additional SEND / Neurodivergent Family Support, and behaviour analysis. They offer support to people across West Yorkshire. [www.lighthousetherapyhub.co.uk](http://www.lighthousetherapyhub.co.uk) 07858 315242

## **SNAPS (Special Needs and Parent Support)**

SNAPS supports children with additional needs and their families through physiotherapy, leisure services and a supportive environment. They are currently based in Leeds but offer support for families across West Yorkshire. [www.snapsyorkshire.org](http://www.snapsyorkshire.org) 07738 287024

## **Stripes (previously known as West Yorkshire ADHD Support Group)**

Stripes offers support for both adults and children with or suspect of having ADHD, and their parents and/or carers. [www.wyadhd.org.uk](http://www.wyadhd.org.uk) 0113 8563459

## **WASP (Wakefield Awareness Support Project)**

A level two service developed to support children and young people with Autism and help support families going into crisis. Referrals must come from a professional already working with the family.

## **Young Lives Consortium**

Young Lives Consortium is a membership organisation of voluntary and community sector groups working with children and young people aged 0-25 years across Wakefield District.

[www.younglives.net](http://www.younglives.net) 01924 364198 or 07708 471951

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# **Practical Tools**

## **Access Cards**

This physical card acts as a photo ID that can be used to easily communicate your access needs to events and venues. It also works online with other platforms like ticketing systems, to unlock the access facilities you need. [www.accesscard.online](http://www.accesscard.online) 0330 808 5108

## **Adaption Services**

The service provides advice and equipment or adaptations to your home to help with everyday life. Potential adaptations may include sensory adjustments or organisational support.

[www.wakefield.gov.uk/adult-social-care/keeping-independent-and-healthy/equipment-and-adaptations](http://www.wakefield.gov.uk/adult-social-care/keeping-independent-and-healthy/equipment-and-adaptations) 01977 722220

## **Cinema Exhibitors' Association Card (CEA Card)**

The CEA Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. [www.ceacard.co.uk](http://www.ceacard.co.uk) 01244 526016

## **Disabled Person's Rail Card**

Get 1/3 off rail travel for you and an adult companion. 5-15 year olds are eligible to apply if they fit the eligibility criteria. You can apply for a railcard if your child receives Disability Living Allowance (DLA). [www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk) 0345 605 0525

## **Integrated Treatment Services**

Integrated Treatment Services have visual resources that cover topics such as meal times, seasons, and well-known stories. [www.integratedtreatmentservices.co.uk/resources/speech-and-language-therapy](http://www.integratedtreatmentservices.co.uk/resources/speech-and-language-therapy)

## **Listening Books**

Listening Books is a national UK charity, providing audio library services for those that find reading difficult due to an illness, disability, learning or mental health difficult. [www.listening-books.org.uk](http://www.listening-books.org.uk)  
0207 407 9417

## **Lumi Nova: Tales of Courage**

A fun digital therapy for childhood anxiety. Lumi Nova is a therapeutic game that helps children aged 7-12 years self-manage worries and build resilience. Recommended by NICE (National Institute for Health and Care Excellence) and in partnership with the NHS. It can be played on most smartphones or tablets. <https://luminova.app/>

## **Max Card**

The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission. [www.wakefieldparentcarers.co.uk/max-card2](http://www.wakefieldparentcarers.co.uk/max-card2)

## **Molehill Mountain**

Molehill Mountain is an app for people with Autism to help understand and manage their anxiety. [www.autistica.org.uk/molehill-mountain](http://www.autistica.org.uk/molehill-mountain)

## **My Health Passport**

MY Health Passport is designed to give hospital staff the 'need to know' information about you and your health needs. This makes sure all patients with complex needs like learning disabilities, autism, dementia, delirium, and mental health issues receive the best care possible.

[www.midyorks.nhs.uk/complex-needs](http://www.midyorks.nhs.uk/complex-needs)

## **Radar Key (Disability Rights UK)**

A radar key lets you use locked public toilets. The National Key Scheme offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme locks can be found in places like shopping centres, pubs, cafes, department stores, bus and train stations and many other locations. [shop.disabilityrightsuk.org/products/radar-key](http://shop.disabilityrightsuk.org/products/radar-key)  
0330 995 0400

## **Sensory Education**

Sensory Education have a wide range of resources to support children and young people. These include sensory baskets, lighting, chews, cushions, and weighted blankets.

[www.cheapdisabilityaids.co.uk](http://www.cheapdisabilityaids.co.uk)

## **VIP Red Bag**

The VIP Red Bag holds all your important health and support information. You take this bag with you to medical appointments or hospital admissions, so healthcare staff know how best to treat and support you. [www.choicesupport.org.uk/about-us/blog/its-in-the-bag](http://www.choicesupport.org.uk/about-us/blog/its-in-the-bag) 01622 722400

## West Yorkshire Metro Blind and Disabled Travel Pass

The blind and disabled persons pass gives free or half price travel on buses and trains. You must be a West Yorkshire resident of bus fare paying age (aged 5 and over) and have an eligible disability which is long term or expected to last at least 12 months. [www.wymetro.com/tickets-and-passes/blind-disabled](http://www.wymetro.com/tickets-and-passes/blind-disabled) 0113 245 7676

## Your choice, your way

Routes and Routines: a resource for children, young people and their families. [West Yorkshire Neurodiversity Programme](#) and [All Star](#), have developed resources including videos, booklets, and audio formats, available in plain text, with or without subtitles, and with or without sound to suit different learning preferences. [www.wypartnership.co.uk/our-priorities/mental-health-learning-disability-and-autism/neurodiversity/routes-and-routines](http://www.wypartnership.co.uk/our-priorities/mental-health-learning-disability-and-autism/neurodiversity/routes-and-routines).

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## Things to do

### All Star's Youth Group

A Youth Club for young people across Wakefield District aged 13 to 25 and who have a special educational need and or disability. [www.wakefieldfamiliesaltogether.co.uk/youth-hubs](http://www.wakefieldfamiliesaltogether.co.uk/youth-hubs) 01924 302665

### Cineworld – Autism Friendly Screening

Special performances of recently released films which have subtle changes to the cinema environment for people who have sensory differences. [www.cineworld.co.uk](http://www.cineworld.co.uk) 0871 200 2000

### Flexi Totz – Shining Stars Gymnastics

Shining Stars SEN Classes are for children aged 3–7 with additional developmental and/or sensory needs. Sessions take place on Sundays 12.15 pm – 1.00 pm. Cost: £25 per month [www.flexitotz.com](http://www.flexitotz.com)

### Gravity – SEN Sessions

Trampoline park for children, from the age of 18 months, and adults. SEN sessions run regularly. [gravity-global.com/active/activities/sen-sessions](http://gravity-global.com/active/activities/sen-sessions) 0330 159 5815

### Libraries

Wakefield Libraries have a collection of awareness raising and self-help books about Autism. Autism and Learning disability-friendly floor plans and social stories about visiting the library are available to download from your local library branch information pages.

<https://www.wakefield.gov.uk/media/gbnkjzrx/autism-collection-book-list.pdf> and

<https://www.wakefield.gov.uk/libraries-and-local-history/your-local-library>

### Local leisure centres and facilities

Aspire offer accessible leisure activities every month for all the family. Learn more about what's on offer at facilities in Wakefield District, view timetables and make bookings.

[www.wakefield.gov.uk/sport-and-leisure/leisure-centres-and-facilities](http://www.wakefield.gov.uk/sport-and-leisure/leisure-centres-and-facilities)

**Featherstone Sports Complex** Swimming 01977 722842 Sports Centre 01977 722700

[featherstonesp@wakefield.gov.uk](mailto:featherstonesp@wakefield.gov.uk)

**Normanton Leisure** 01924 302475 [AspireHealth@wakefield.gov.uk](mailto:AspireHealth@wakefield.gov.uk)

**Aspire at The Park Pontefract** 01977 722188 [AspireATP@wakefield.gov.uk](mailto:AspireATP@wakefield.gov.uk)

**Sun Lane Leisure Wakefield** 01924 306001 [sunlaneleisure@wakefield.gov.uk](mailto:sunlaneleisure@wakefield.gov.uk)

**Thornes Park Stadium Wakefield** 01924 302385 [thornesas@wakefield.gov.uk](mailto:thornesas@wakefield.gov.uk)

**Minsthorpe Leisure** 01977 722301 [aspirehealth@wakefield.gov.uk](mailto:aspirehealth@wakefield.gov.uk)

### **Merlin's Magic Wand**

You can apply for free tickets to one of Merlin's attractions or parks. [www.merlinsmagicwand.org](http://www.merlinsmagicwand.org)

### **Museums – Relaxed Openings**

**Castleford Museum:** Every Friday at 9.30 am to 12.00 pm Castleford Museum is a relaxed opening session. [www.wakefield.gov.uk/museums-and-castles/castleford-museum](http://www.wakefield.gov.uk/museums-and-castles/castleford-museum) 01977 722084

**Pontefract Museum:** Every Tuesday from 2.00 pm to 4.00 pm at Pontefract Museum is a relaxed opening session. [www.wakefield.gov.uk/museums-and-castles/pontefract-museum](http://www.wakefield.gov.uk/museums-and-castles/pontefract-museum) 01977 722740

**Wakefield Museum:** Every Thursday from 4.00 pm to 6.30 pm at Wakefield Museum is a relaxed opening session. [www.wakefield.gov.uk/museums-and-castles/wakefield-museum](http://www.wakefield.gov.uk/museums-and-castles/wakefield-museum)

You can explore the museums in a quieter, more relaxed setting. Everybody is welcome! This means that any loud noises will be turned down or turned off. It will not be busy. You can be yourself. Fidget and sensory objects available. There is an extra quiet space if you need it. You can also try activity sheets and crafts. Entry is still free. You do not need to book.

### **POUCH (Parents of Unique Children)**

POUCH is a parent led group that offers support and sessions for children with special needs of any kind. They lead arts and craft activities, plus, have access to sensory rooms.

<https://wakefield.mylocaloffer.org/POUCH>

### **Riding for the Disabled Association**

Riding for the Disabled Association provides riding and horse care activities to people and groups who have physical and learning disabilities, mental health conditions or dementia. There are three riding groups in the district. <https://rda.org.uk> 01924 241341

### **Run Riot**

Adventurous stay and play session for children with additional needs, aged 5 to 25 years, and their families. [www.theaddy.org](http://www.theaddy.org) 01977 670953

### **Short Breaks**

Short Breaks is a service provided to children with special educational needs and/or disabilities to support them to experience things that other children do, at home and in their community. View the Short Break Service on the Local Offer. <https://wakefield.mylocaloffer.org/short-breaks>

### **Wakefield Autism Leisure Club (WALC)**

A small sports club based in Wakefield for people with Autism and other learning difficulties. Sessions start from children aged 8 upwards, like swimming and bowls sessions, and adults multi sports session starts at ages 12+, along with adult football, 16 years plus. [www.walconline.com](http://www.walconline.com)

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**These lists are not exhaustive but we hope they help open doors and provide opportunities.**



We are your local health and social care champion for Wakefield District. From Airedale to South Kirkby, Overton to Knottingley, and everywhere in between, we make sure NHS and Social Care leaders hear your voice and use your feedback to improve care.

We can give you advice and information, signpost you to support, help you find services, and help you if you want to make a complaint. If you would like to get in touch please do.

## **Contact Healthwatch**

Telephone 01924 787379

Mobile 07885 913396

Email [enquiries@healthwatchwakefield.co.uk](mailto:enquiries@healthwatchwakefield.co.uk)

Website [www.healthwatchwakefield.co.uk](http://www.healthwatchwakefield.co.uk)

We are social people. Find and follow us.