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Directory of Children's Services in Knowsley

pre and post diagnosis of
neurodevelopmental
conditions



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Introduction

If you are reading this document you may be a parent/carer of a child who has been diagnosed with a neurodevelopmental condition or are awaiting an assessment on the Knowsley ND Pathway.

This document has been created to help parents/carers understand what is available to support their families pre, during or post diagnosis.

The Directory has been written by the Knowsley ND Pathway at Clinical Partners in partnership with NHS Knowsley CCG. Please note that some resources will not be available to children going to school outside the Knowsley borough. The Directory should not be taken as a comprehensive list of all services in Knowsley, and you can visit <https://www.knowsleyinfo.co.uk/> to view the Local Offer in full.

If you are a professional wishing to update this document, please contact Knowsley.NDP@nhs.net.



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Urgent Support

For all life threatening emergencies, you must call 999 or go straight to A&E.

Feeling Low? Overwhelmed? Anxious? Text REACH to 85258 for free and confidential support 24/7

Thinking of suicide? Call 0800 068 4141 or email pat@papyrus-uk.org for confidential suicide prevention advice for you or a young person you know 9am-12am.

Need someone to talk to? Call 116 123 for free or email jo@samaritans.org. Whatever you're going through, a Samaritan will face it with you.

If you are under 19 call Childline on 0800 1111 or use their 1-2-1 chat on www.childline.org.uk. You can contact Childline about anything. Whatever your worry, it's better out than in.

Concerned about a child's welfare? Call the Knowsley MASH team on 0151 443 2600.



Contents

Topic	Page
Learning about autism and ADHD	5
Behaviour management	8
Emotional wellbeing & mental health	10
Eating and nutrition	14
Sleep	16
Sensory difficulties	18
Speech and language	20
Teeth, ears and eyes	22
Toileting	24
Education	25
Social skills	27
Family support and respite	29
Activities and days out	33
Preparing for adulthood	34
Benefits and financial support	37
Information and advice	44
Further information	47



Learning about autism and ADHD

Caring for a child with SEND comes with its own unique challenges. Learning about your child's condition empowers you to develop your own skills, and hearing from others in similar situations can build your confidence to better support your child and their needs.

Advanced Solutions

Contact: 0151 486 1788

info@advancedsolutions.co.uk

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

What is offered?

Support through learning for families pre, during and post-diagnosis of neurodevelopmental conditions, learning difficulties and associated mental health needs.

Advanced Solutions offers:

- Learning programmes to understand and manage difficult behaviour and everyday issues such as sleep and eating.
- 'ND and me' – workshops for your child to understand their condition.
- Drop in Q&A sessions
- Community events and days out
- Coaching and mentoring for siblings

How to access this service:

You do not need a referral or a diagnosis. Get in touch with Advanced Solutions directly through phone, email or Facebook. They can usually respond to you quickly.

To find out more go to:

<https://www.addvancedsolutions.co.uk/our-offers/our-offer-in-knowsley.html>

Knowsley Parent Support Programme

Contact: 0203 905 9390

Knowsley.ndp@nhs.net

What is offered?

Helpful guidance and support through regular emails and free online events where you can talk to other parents and clinical experts.

How to access this service:

Simply sign up on the website, you do not need a referral or a diagnosis.

To find out more go to:

<https://knowsley.clinical-partners.co.uk/parent-support/>



CANDDID Online Training

Contact: 01244 397797

cwp.canddid@nhs.net

What is offered?

A range of online training providing practical advice to support your child's communication, education, transition to adulthood and more.

How to access this service:

Email cwp.canddid@nhs.net with your name and email address to get your log in details. The service is completely free for family members and carers in Cheshire and Merseyside for up to two years.

To find out more go to:

<http://www.canddid.nhs.uk/training/>



Isabella Trust

Contact: 07956 749 994

info@theisabellatrust.org

What is offered?

Isabella Trust is a registered charity offering information, workshops and training to parents and carers of children with ASD or sensory processing difficulties.

How to access this service:

You will need to book your place on a course by contacting info@livpac.org.uk or calling 07542 739 144.

To find out more go to:

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



Stepping Stones

Contact : 0151 443 4502

gill.downey@knowsley.gov.uk

Family Learning Centre, Westvale Primary School, Meverley Road, Westvale, Kirkby, L32 0RQ

What is offered?

The programme aims to support families of children with special educational needs or disabilities to manage behaviour at home more effectively. This includes positive parenting, setting bedtime routines, improving communication and managing disobedience.

How to access this service:

Sessions usually take place on Wednesday mornings. Email Gill Downey to enquire. You do not need a referral.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/family-learning-and-parenting-stepping-stones-0>



Behaviour management

A range of advice and support is available to you via training and workshops. Please see page 5 for more information.

The Challenging Behaviour Foundation

Contact: 0300 666 0126

support@theCBF.org.uk

What is offered?

A broad range of information and support around challenging behaviour and connected issues, including:

- Family Support Helpline – speak to a Family Support Worker when you need tips and advice. This is specifically for parents and carers of children with severe learning disabilities.
- Family Carers' Email network – you can chat on email or on forums with other families going through similar difficulties. This is specifically for parents and carers of children with severe learning disabilities. Sign up here: <https://www.challengingbehaviour.org.uk/for-family-carers/family-carers-email-network/>
- Peer Support – chat with another family carer, who understands what you are going through and can provide a listening ear. To book a call contact Elissa on 0300 666 0126.
- Legal Panel Enquiries – if you have legal questions around your child's needs, you can arrange a meeting with a group of lawyers. You need to be referred by the Family Support Service to access this.

To find out more go to:

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



Behaviour Outreach Team

Contact: 0151 271 3288

What is offered?

This service helps schools manage challenging behaviour in the classroom by assessing a child's needs and implementing support plans and training for teachers.

How to access this service:

This service is available for all Knowsley Local Authority schools. Only schools can make a referral. Reasonable adjustments must be put in place before considering this service. Speak to your child's SENCo to discuss if this service is right for your child.

To find out more go to:

<https://www.finchwoodsacademy.co.uk/Behaviour-Outreach-Service/>

Positive Behaviour Support Service

Contact: 0151 511 8444

What is offered?

Specialist support for complex and exceptional behaviour that challenges families, care providers and services. Depending on the situation, the service may offer a one-off consultation to a full functional assessment and long term intervention plan.

How to access this service:

Your child must have a Learning Disability or Autism Spectrum Disorder diagnosis. Only CAMHS, Social Workers and Educational Psychologists can make referrals.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/positive-behaviour-support-service-pbss>



Emotional wellbeing & mental health

Children and young people with neurodevelopmental disorders are more likely to struggle with their emotional wellbeing than their peers.

In this section you will find groups and activities that help your child understand and manage their feelings, counselling and therapy services if they would like someone to talk to, and specialist support if your child has severe or complex mental health needs.



12 Million Minds

Contact: 07876 597 947

deborahsykes@cheerful.com

What is offered?

Support to help children and parents understand their emotional health and combat anxiety, worry and stress. This service caters both for primary children with age-appropriate play-based activities, and for older children with mindfulness and meditation techniques.

How to access this service:

Contact Deborah Sykes to book a session and enquire about prices.

To find out more go to:

https://www.facebook.com/12millionminds/services/?ref=page_internal

The Lee Cooper Foundation

Contact: theleepcooperfoundation@gmail.com

What is offered?

- Weekly Let'sChat Drop in Sessions for young people to unload their concerns. Based in Prescott, for ages 11-24.
- Football Therapy Sessions are held every Tuesday at the Purple Hub in Huyton, to improve mental resilience through exercise. For ages 11-16.
- Knowsley Young Minds – weekly workshops to understand more about mental health and how to support yourself and other people. For ages 13-24.
- Yoga and Mindfulness – an 8 week programme designed to help those with poor mental health and poor self esteem. For ages 11-24.
- See their website for a directory of other mental health support services.

How to access this service:

You don't need a diagnosis or a referral, but you do need to book. To reserve a place get in touch with

theleepcooperfoundation@gmail.com.

To find out more go to:

<https://theleepcooperfoundation.co.uk/>



Sunshine Yoga

Contact: 07715 532 463

littlesunshineyoga@outlook.com

146 Tarbock Road, Huyton, L36 0SE

What is offered?

A 12 week programme of mindfulness, meditation and yoga for parents and carers, to help them develop tools to reduce anxiety and build resilience. There are also 1-to-1 mindfulness sessions, 8 week courses in schools, and a range of activities for children with Special Education Needs.

To find out more go to:

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

Kooth

What is offered?

A safe and anonymous place for young people aged 11-25 to access emotional support and counselling. Kooth can see your child face to face in school, or online over video call, over the phone or over an instant messenger 'text talk' service. There is also a Kooth Magazine and journaling tool for young people to share their thoughts, track goals and learn more about their mental health.

How to access this service:

Kooth is completely free, all your child needs to do is sign up online.

To find out more go to:

<https://www.kooth.com/>



Think Wellbeing (IAPT)

Contact: 0151 290 4999

What is offered?

Free NHS therapy for children and adults aged 16 years and over with common mental health problems such as anxiety, stress and depression as well as phobias, panic attacks and post-traumatic stress disorder. You can access therapy online or through a Skills for Wellbeing Course that will help you develop strategies to manage your mood.

How to access this service:

This service is available for young people and adults aged 16 years and older. You or your child can self-refer by filling out a form on their website. Start online therapy straight away or join their next available course.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/knowsley/think-wellbeing-iapt>

Listening Ear

Contact: 0151 488 6648

enquiries@listening-ear.co.uk

What is offered?

Listening Ear is a registered charity providing a range of emotional and psychological therapies for all ages, including primary school children. This includes:



- Butterflies –for trauma, bereavement and loss
- Diamond – for people affected by domestic abuse
- Solar – adult counselling for bereavement
- Titanium – therapy for Looked After Children and children on the edge of care (aged 4 and above).
- FAB (Friendship After Bereavement) – support groups to aid recovery and social connectedness after loss.
- And other support for low self-esteem, anxiety, depression, stress, job loss, debt and health problems.

Listening Ear offers these services in their Whiston and Halewood centres, in schools and online.

How to access this service:

Parents or professionals can refer into the service directly from the website.

To find out more go to:

<https://listening-ear.co.uk/support-us/>

CAMHS (Child and Adolescent Mental Health Services)

Contact: 0151 489 6137 Monday-Friday 9am-5pm

For support outside of these hours, contact the CAMHS Response Team until 9pm on 01744 627 618.

What is offered?

Specialist support and therapeutic intervention for children, young people and their families who are experiencing complex, persistent or severe emotional and psychological problems that are causing difficulties at school, at home or in their social life. The team is made up of a wide range of clinicians including psychiatrists, psychologists, support and recovery workers, youth offending service and social workers.

How to access this service:

Referrals must be made by a professional. Once the referral is received the team will get in touch as soon as possible. If appropriate your child may have an initial assessment to evaluate if and how CAMHS can support them.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/knowsley/child-and-adolescent-mental-health-service>





Eating and nutrition

A range of advice and support around ND difficulties and eating is available to you via training and workshops. Please see page 5 for more information.

Nutrition and Dieticians Service

Contact: 0151 290 4330

dietician@merseycare.nhs.uk

What is offered?

A highly specialised service for a range of nutritional difficulties. This includes failure to thrive, malnutrition, food allergies and more.

How to access this service:

Talk to your GP or other health professional about making a referral.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/knowsley/nutrition-and-dietetics-service>

Healthy Knowsley Service

Contact: 0800 0731 202

health.trainers@nwbh.nhs.uk

What is offered?

A weight management service to help your child make small changes to their lifestyle that result in a big difference to their health and wellbeing. This could involve working with a Wellbeing Coach, Dietician or Therapist and with other services including Slimming World, Drug and Alcohol Services and Smokefree Knowsley.

How to access this service:

Health Knowsley is for young people and adults aged 16 and over. You can ask your GP to make a referral, or make a referral yourself by calling 0800 0731 202.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/knowsley/healthy-knowsley-service>

Young People's Community Eating Disorder Service

Contact: 0151 430 1321

What is offered?

Assessment and treatment through one-to-one support, family therapy and specialist consultation for children and young people with symptoms of anorexia nervosa, bulimia, EDNOS (eating disorder not otherwise specified) and other eating difficulties.

How to access this service:

This service is for children aged 8-18. If you think your child has an eating disorder, make an appointment to see your GP or discuss with your child's school, social worker or other health professional. If appropriate they can then refer your child to the ED Service.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/halton/children-and-young-peoples-community-eating-disorder-service>





Sleep

A range of advice and support around ND difficulties and sleeping is available to you via training and workshops. Please see page 5 for more information.

The Sleep Charity

Contact: info@thesleepcharity.org.uk

01302 751 416

What is offered?

A wealth of information is on their website to help you understand sleep difficulties and why your child might be struggling with their sleep. Training tools and courses developed by experts are also available.

How to access this service:

Access to the website is completely free for everyone. Courses come at a cost, you can sign up on their website.

To find out more go to:

<https://thesleepcharity.org.uk/>



Sleep Medication

You should always try to develop sleep strategies and healthy sleep hygiene before considering medication for your child.

If you think your child may need more support, book an appointment with your GP to discuss next steps. Your GP may prescribe medication themselves, or if necessary they may offer a referral to a paediatrician.



Sensory difficulties

Addressing sensory needs can have a huge impact on your child's emotional health and their difficult to manage behaviour. If your child has attachment difficulties or has suffered a traumatic experience, sensory work can also help them resolve and process their feelings.

A range of advice and support around sensory needs is also available to you via training and workshops. Please see page 5 for more information.



The Sensory Hive

Contact: thesensoryhive@gmail.com

What is offered?

Children and adults with sensory processing difficulties and other sensory needs can play and relax at the Sensory Hive, whilst parents/carers can connect, and learn how to support their loved one at home. This includes:

- LEGO-based Therapy
- Workshops and training programmes for caregivers
- The Family Bee – a support and well-being group for caregivers
- Occupational Therapy/assessment of sensory needs

The Safe Space sensory gym will also be available from December 2021 in Whiston.

How to access this service:

Safe Space, Lego Therapy and other services are open access and you do not need a referral or diagnosis. Assessment of sensory needs can be accessed privately through the Sensory Hive at a cost.

To find out more go to:

Facebook: <https://www.facebook.com/thesensoryhive>

Instagram: @thesensoryhive

The Seedlings and Sunflower Programmes – Occupational Therapy

Contact: 0151 244 4387

childhealthservices@merseycare.nhs.uk

What is offered?

The Seedlings Programme offers three friendly workshops for schools and for parents who need support with their child's sensory processing difficulties, including getting dressed, feeding, playing and personal care. Parents will learn reasons why their child may be experiencing sensory difficulties, be given a session to work on practical skills and opportunity to discuss and share strategies with other parents and an Occupational Therapist. A logbook of progress will be kept by school.

Often developing some simple strategies can make a huge difference to your child's wellbeing, however some families may need further support. The Sunflower Programme offers more specialised, one-to-one sensory training after Seedlings to both parents and professionals involved in your child's care, and may also include an Occupational Therapy assessment and sensory programme tailored to your child's needs.



How to access this service:

The Seedlings Programme is for children aged 2-11 only. You can ask your child's SENCo to refer you to this programme.

If your child is over the age of 11, or you have tried the Seedlings Programme and need further support, the Sunflower Programme can be accessed by making a referral into Occupational Therapy. Please ask your GP, school SENCo or other professional to do this.

The Seedlings Programme must be completed before you can access the Sunflower Programme.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/knowsley/childrens-therapy-team>



Speech and language

Speech and Language Therapy Service

Contact: 0151 244 4387

childhealthservices@merseycare.nhs.uk

What is offered?

The team of Speech and Language Therapists, Assistant Practitioners and Therapy Assistants can work with you and your child to develop their speech, language and communication skills and treat difficulties with feeding and swallowing.

How to access this service

You can refer your child yourself or ask your GP, school or other professional. Contact the team to enquire about making a referral.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/knowsley/childrens-speech-and-language-therapy>

I CAN

Contact: 020 7843 2510

info@ican.org.uk

What is offered?

I CAN is here to help you if you are worried about your child's speech and language skills. They offer education and resources to help you support your child at home, advice on how to work with your child's school and progress checkers to help you monitor your child's development. Speech and Language Assessments are also available at a cost.

How to access this service:

You can access the I CAN website for free. Please note that some of their resources are not available in this country.

To find out more go to:

<https://ican.org.uk/>

Afasic Helpline

Contact: 0300 666 9410

What is offered?

A 'listening ear' for parents and carers who want to talk to someone who understands their child's speech and language difficulties, what help they may need and how they can get it.

To find out more go to:

<https://www.afasic.org.uk/help-for-your-child/not-talking/afasic-helpline/>





Teeth, ears and eyes

The 0-19 Special Care Dentistry Pathway

Contact: 0151 295 8643, dentalreferrals.RAC@nhs.net

What is offered?

Specialist dental care for vulnerable children aged 0-19 in Knowsley, Liverpool and Sefton. They provide regular or occasional care.

How to access this service:

Only Health Visitors and specialist schools can make referrals. A referral can be made if your child has ASD, ADHD, moderate to severe learning difficulties, physical difficulties, severe behavioural or emotional problems, severe mental health problems, developmental delay, complex medical problems or those attending a specialist school or anyone with needs that affect the provision of dental care.

Children's Audiology

Contact: 01744 624 933, Bchft.childrensaudiology@nhs.net

What is offered?

The service provides hearing screening for newborns and school children and early diagnosis and management of hearing loss, including fitting hearing aids.

How to access this service:

Your Health Visitor, GP, School Nurse, or other professional involved in your child's care can make the referral. You will be asked to contact the service to arrange an appointment within 6 weeks of the referral. Clinics are available across Knowsley.

To find out more go to:

<https://bridgewater.nhs.uk/haltonsthelens/childrensaudiology/>

Optometry

Look out for the Autism Friendly Award at your local opticians, or call your optician to ask if they are able to accommodate for your child's needs.

To help you find an optician or prepare for an appointment, go to: <https://www.autism.org.uk/advice-and-guidance/topics/physical-health/going-to-the-opticians/parents>

or

<https://www.seeability.org/eye-care/eye-tests>



Nightingale Opticians – Specialist, Mobile Opticians

Contact: 07739 412 525

What is offered?

Eye tests with opticians experienced with Autism and Learning Difficulties. They have specialist equipment and are able to visit your home or school if your child struggles to go to a clinic.

How to access this service:

This service is for children with SEND aged 0-25. Simply call Nightingale Opticians to enquire.



Toileting

Paediatric Continence Service

Contact: 0151 289 7971

continencepromotionservice.paed@nwbh.nhs.uk

What is offered?

Assessment, investigation, treatment and management of bladder and bowel problems for children and young people in Knowsley.

How to access this service:

Speak to your GP or Health Visitor about your concerns, and they will be able to make a referral for you.

To find out more go to:

<https://www.merseycare.nhs.uk/our-services/knowsley/continence-team-1>





Education

Speak to your Child's SENCo

If you are concerned about your child's education, life at school or behaviour at home, you should always speak to your child's Special Educational Needs Coordinator (SENCo) first.

Informing the school of your concerns is extremely important, as your child may behave differently in school than at home.

Schools may be able to offer behavioural, emotional, health and social care support as well as help with education.

Independent Provider of Special Education Advice (IPSEA)

Contact: 01799 582 030

What is offered?

IPSEA is a registered charity offering free and independent legal information, advice and support to help you access the right education for your child with special education needs and disabilities. They also provide training on SEND legal framework to parents and carers.

How to access this service:

If you have a query about your child's SEND, book an appointment on the Advice Line with a volunteer adviser.

To find out more go to:

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



Educational Psychology Service

Contact: 0151 443 2057/3516

What is offered?

Educational Psychologists work in partnerships with families, schools and other professionals to support children with complex special educational needs and/or disabilities, who are at risk of exclusion from school or have mental health, social and emotional, or behavioural difficulties.

Their goal is to improve the overall wellbeing of children through assessment, strategies and advice that will help the child in class, home and in the community.

How to access this service:

Please ask your child's SENCo if you are concerned about your child's progression. It is up to school to put reasonable adjustments in place and decide if an EP assessment is appropriate. If necessary they can refer your child to the service.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/educational-psychology-service-about-us>

Education, Health and Care Plan (EHCP)

Contact: SEN Assessment and Commissioning on 0151 443 5145

What is offered?

Most children with SEND can have their needs met through SEN support in school. A small percentage will have severe or complex needs requiring specialist support not available at most mainstream schools, and may need an EHCP to access this.

EHCPs are statutory assessments undertaken by the Local Authority to review your child's education, health and social care needs. This assessment can take up to 20 weeks. The Local Authority will then decide whether to issue an EHCP which will detail your child's needs and what support is required to support them. Professionals and educational settings are then required to implement this agreed provision and arrange regular reviews.

How to access this service:

SENcos can apply by completing an EHC Assessment Application. Please ask your SENCo if an EHCP might be appropriate for your child. Alternatively, parents can write a letter requesting an EHC Assessment themselves.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/knowsley-ehc-assessment-and-sen-educational-support>



Social skills

Talk to your child's school

Some children with executive functioning difficulties, ASD or ADHD traits will find it difficult to understand unwritten social rules, other people's feelings and how to express their own emotions.

Using social stories and social scripts can help improve understanding of specific social situations and teach children social rules.

Your child's SENCo may be able to offer resources in school or help you write your own social stories. Talk to your child's SENCo to see what might be available.

Make Your Own Social Stories

If you'd like to help your child at home, you can draw your own social stories and social scripts.

For more information on how to do this go to:

<https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>

For examples of social stories you can use at home, go to:

<https://carolgraysocialstories.com/social-stories/social-story-sampler/>

Social Skills Apps

Use the app store on your smart phone or search for the apps below on your internet browser to download:

Stories Online for Autism (SOFA)

Co-developed with the autism community, parents can write their own stories with the help of a library of images or their own photos.

You can then set up your child's profile and assign them stories to look at which can help them understand a situation they might be struggling with. This can help them reduce undesirable behaviour.

Social Story Creator and Library

This app has a variety of stories available about different social situations. Parents/carers can also make their own and even record their own voice. For a fee you can print the stories for your child to look at any time.

The Social Navigator

This app can help children 'on the go'. They can enter in the dynamics of the current social situation they are struggling with and the app generates strategies and recommendations. It helps children train their social skills, maintain friendships, and reduce anxiety and meltdowns.





Family support and respite

Knowsley Parent Carer Voice (KPCV)

Contact: 07376 233 141, 07368 117415

infokpcv@gmail.com

www.facebook.com/knowsleypcv/

What is offered?

A community of parents and carers of children with special education needs and disabilities in Knowsley. KPCV hold monthly coffee mornings for parents to share their concerns and experiences and speak to experts. They also work in partnership with Education, Social Care and Health & Wellbeing services to influence and develop quality services.



How to access this service:

Simply contact KCPCV to join the group.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/knowsley-parent-carers-voice-kpcv>

Home-Start Knowsley

Contact: 0151 480 3910

info@homestartknowsley.org.uk

What is offered?

Home-Start is an organisation of trained volunteers supporting families facing difficulties at home in whatever way the family finds most useful – be it emotional support or practical support such as shopping.

How to access this service:

This service is for families with at least one child under the age of 11. Families can refer themselves or ask their GP or other health professional.

To find out more go to:

<https://homestartknowsley.org.uk/>



Early Help Team

Contact: 07881 267 568 (Kirkby), 0151 443 2879 (Whiston, Halewood, Prescot and Cronton), 07384 900 772 (Huyton)

What is offered?

An early intervention and prevention service for families facing difficulties, including behavioural management, drug and alcohol use, poor school attendance, violence within relationships and anti-social behaviour. A range of qualified staff are available to work with families depending on their needs.

How to access this service:

If you feel your family would benefit from support at home, you can call or email the Early Help Team. Alternatively, you can ask your child's GP, school or other health professional to refer you.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/early-help-team>

Little Stars Knowsley

Contact: 07914 794 492, 07901 557 781

littlestars.knowsley@gmail.com

The George Howard Centre, Lickers Lane, Whiston, L35 3PN

What is offered?

Fortnightly coffee mornings and once monthly Stay and Play sessions with sensory rooms.

How to access this service:

This is for parents of children aged 5-13 years with additional needs. See their Facebook page for events <https://www.facebook.com/littlestars.knowsley>

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/stars-liverpool>

Safe Families

Contact: 0151 558 1474

office.northwest@safefamilies.uk

What is offered?

Safe Families is a volunteer-run service offering support, hope and belonging to struggling families, including:

- Befriending – support, mentoring and friendship for parents
- Resource support – practical help through cleaning, gardening and shopping
- Respite – short, safe hosting of your child with another family.

How to access this service:

Your family must be known to Social Care, Family First or Early Help to access Safe Families. You can ask your social worker or practitioner to make a referral.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/safe-families-children-mersey>

Moving Senses – Positive Futures

Contact: 07846 784 378

info@movingsenses.com

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

Southmead Children's Centre, Sherwood Drive, Whiston, L35 3XZ

What is offered?

Respite and short breaks for children and young people with Special Education Needs and Disabilities. Children take part in a range of activities in a nurturing and stimulating environment. They hold weekend, after school and holiday clubs.

How to access this service:

You do not need a referral or diagnosis, simply contact the team.

To find out more go to:

www.movingsenses.co.uk



Autism Initiatives

What is offered?

Autism Initiatives provide a range of services across the country for people with autism from the age of 5 to adulthood. This includes short break centres, one stop shops, supportive living accommodation and community resource centres.

How to access this service:

Fill in their form online to see what opportunities they may be able to offer you in the Liverpool area.

To find out more go to:

<https://autisminitiatives.org/>

Qwell – for Adults

What is offered?

Caring for a child with SEND can be difficult whilst juggling your own emotional wellbeing too. Qwell, like the children's service Kooth, offers a safe and anonymous place to access counselling and support just for adults. This service is currently completely online through 'text-talk' counselling.

How to access this service:

Qwell is completely free, all you need to do is sign up.

To find out more go to:

<https://www.qwell.io/>

Knowsley Young Carers Service – for Siblings

Contact: 0151 443 5059

Mike.kehoe@knowsley.gov.uk

What is offered?

Siblings of children with SEND may take on practical and/or emotional caring responsibilities that would normally be expected of an adult. This would make them a Young Carer. This service assesses young carers to understand their wishes and feelings, and put support in place for them. Young carers may be offered peer support from other young people, 'Me Time' trips and activities away from home, and one to one chats with a trained worker.

How to access this service:

Your child must be between 6-18 years old and living in the Knowsley borough. They must be aware of the referral and care for a family member. Your child will need to have a Young Carers Assessment first before accessing support. Social workers, teachers or other professionals involved in your child's care need to refer for this by filling out a Multi Agency Referral Form (MARF).

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/knowsley-young-carers-service>





Activities and days out

The Children's Adventure Farm

Contact: 01565 830 447

info@caft.co.uk

Booth Bank Farm, Reddy Lane, Millington, WA14 3RE

What is offered?

With Activity Play Specialists and accessible facilities, CAFT offers residential stays and fun day trips in their 17th Century farmhouse in the Cheshire Countryside for families of children with disabilities.

How to access this service:

Parents/carers must apply for a holiday or a fun day on their website.

To find out more go to:

<https://caft.co.uk/>

Vibe

Contact: 0151 673 0500

info@vibeuk.org

What is offered?:

Vibe provides a safe space for children who have been affected by substance abuse, domestic violence, mental health or disability. Children can have fun with lots of different clubs and activities. Vibe also run programmes to develop self-esteem and confidence, positive relationships with friends and family and resilience and leadership skills, and education around mental health, sexual health, healthy eating and drug and alcohol awareness.

How to access this service:

Clubs are run in Prescot, Halewood, Huyton and Kirkby for different ages groups from 5-19, or up to 25 for young people with disabilities. Go on Vibe's website to read about clubs and activities that might suit your child and message the team online to sign up.

For find out more go to:

<https://vibeuk.org/>

Bit of Everything (BoE Arts)

Contact: 07411 350 360

Knowsley Sports Pavilion, Stockbridge Village, L28 4ER

What is offered?

A bespoke performing arts group for teenagers and adults with learning disabilities that like to do 'a bit of everything' when it comes to the arts; including singing, dancing and acting.

How to access this service:

BoE Arts meet every Tuesday at 5:30-7:30pm. Sessions cost £5 each.

To find out more go to:

https://www.facebook.com/BOEarts/?ref=page_internal

Unique and Able Artists

Contact: 07855 540 641

cherylmarieart@btinternet.com

What is offered?

Inclusive, therapeutic art sessions for children and young people aged 5-25 years with special educational and complex needs.

How to access this service:

Kirkby sessions are held the last Saturday of every month, and Prescott sessions the first Saturday of every month. Spaces are limited so you must phone to book.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/unique-able-artists>





Short Breaks MYA Choices Knowsley

Contact: 07881 267 543
shortbreaks@knowsley.gov.uk

What is offered?

Short breaks for children aged 4-19 with disabilities. The fun and inclusive activities can be tailored to your child's individual needs.

How to access this service:

Regular sessions for different age groups are available in Huyton, Whiston and Kirkby. The cost is £1 per hour. You must phone the team to book.

To find out more go to:

http://youthactivitiesinknowsley.co.uk/?page_id=660

Spring City

Contact: 0151 958 0393 info@springcity.co.uk

What is offered?

Autism and ADHD friendly trampoline sessions with trained staff who understand your child's needs. There is full access for children and young people with a physical disability.

How to access this service:

Sessions run every Sunday and Thursday. They are mixed age sessions, and carers can bounce for free. Contact Spring City to ask about prices.

To find out more go to:

<https://springcity.co.uk/sessions/spring-inclusive>

Active Therapy - Spartac Gymnastics Club

Contact: 07773 409 924

elaine.bennett@btinternet.com

The Wilson Centre, Edge Hill University, St Helen's Road, Ormskirk, L39 4PQ

What is offered?

The Club provides gymnastics sessions for children of all abilities on Wednesdays and Sundays. Parents can join in too.

How to access this service:

Contact Elaine Bennett or fill in an online form.

To find out more go to:

<https://www.activetherapyfoundation.co.uk/?fbclid=IwAR2f6YwCNW9JSuDZDD52-oQBTmT8sHWDagfhrHOGMwgY2T3QKA8IEVvw6s4>

Liverpool Autism Adventures

What is offered?

Autism friendly activities for children and their carers such as football, rock climbing and crazy golf during school holidays.

How to access this service:

Go to the website and fill out a contact form. Activities will come at a small cost.

To find out more go to:

<http://www.liverpoolautismadventures.co.uk/>



Preparing for adulthood

Targeted Advice and Guidance (TAG) Team

Contact: 0151 443 2898, 07810 053 404

knowsleytags@knowsley.gov.uk

What is offered?

If your child is in Year 11 or not in education, employment or training, they may need help making their next steps.

The TAG Team work with local schools to ensure young people in Year 11 know what choices are available when leaving school, and can help young people who haven't been able to access training or employment.

How to access this service:

The service is available for 16-18 year olds or young people up to age 25 with SEND. You do not need a referral to talk to the team - simply call, email or send them a message on facebook.



To find out more go to:

<https://www.facebook.com/Knowsley-Advice-Guidance-and-Support-Service-811530782269780/>

Knowsley User Led Organisation

Contact: 07715 392 158

hello@kulo.org.uk

Centre for Independent Living, Unit 11 Brickfields, Huyton Business Park, L36 6HY

What is offered?

Various social groups and activities for adults with autism from aged 18-30, including:

- Plan B – regular meetings to make new friends, try different activities and discover new safe places to go. Please note there is a waiting list.
- Accessible Cookery Sessions – free healthy cookery sessions to encourage knowledge around nutrition, cooking on a budget, and independence around preparing meals. They take place every Monday 10-12. You will need to call to book in.
- Really Useful Wednesdays – local Knowsley residents teach and showcase their skills with the wider community, from anything to sewing to scented candle making.

To find out more go to:

<https://www.thelivewelldirectory.com/Services/3621>

Al's Club and Al's Arc

Contact: 40 Eccleston Street, Prescott, L34 5QL

Call Debbie on 07939 556 287 or email

thearcprescot@gmail.com

What is offered?

A social club for young adults aged 18-30 with disabilities. Based in Prescott Shopping Centre, the club has a gym, a sensory room and a gaming room. They offer fun activities such as arts and crafts, jewellery making and aromatherapy, as well as education sessions such as history lessons, independent living skills and money management.



To find out more go to:

<https://www.facebook.com/Als-Activity-Respite-Centre-CIC-LBG-106835627518546/>

Young Adult Respite Service (YARS)

Contact: Michael on 07540 400 721 or Tom on 07403 199 954

info@yars.org.uk

What is offered?

Young disabled adults are often caught in between children and adult services, and need support gaining confidence out in the community, decreasing social isolation and gaining their independence. YARS organises activities within the community and holidays across the UK, such as the Lake District, North Wales and city breaks.

How to access this service:

Give YARS a call to enquire about their next event. YARS ensure trips are as affordable as possible and they welcome calls if you would like to discuss financial plans.

To find out more go to:

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

MFRS Prince's Trust Team Programme

Contact: 0151 296 4000

youthengagementteam@merseyfire.gov.uk

What is offered?

A 12-week course run at fire stations across Merseyside for young people aged 16 to 25 who are not in employment or education.

It aims to develop young people's skills to strengthen their job prospects. During the course they complete a week-long residential stay, a four-week community project and two weeks' work experience.

The programme aims to help young people to get their lives working by giving them the opportunity to gain the skills and confidence they need to move on, and have fun in the process.

How to access this service:

Young people should fill out the application form on the website and return it by email.

To find out more go to:

<https://www.merseyfire.gov.uk/get-involved/youth-engagement/princes-trust/>

Brothers of Charity



Contact: 0151 228 4439

info@brothersofcharity.org.uk

What is offered?

Support for young people and adults to live independently at home or within the community. Supported accommodation through Knowsley and respite care is also available, as well as a JOBSPEC service to help find and maintain employment.

How to access this service:

Any young person or adult can access this service who is vulnerable or disadvantaged. Please note Brothers of Charity are unable to support those with learning disabilities.

To find out more go to:

<https://brothersofcharity.org.uk/england/#families>

Knowsley Works

Contact: 0151 443 5010 (Huyton), 0151 443 4780 (Kirkby), 0151 443 2040 (Halewood)

What is offered?

Information, advice, work placements and targeted training to help local residents into employment. There are initiatives specifically to support vulnerable young people aged 16 and over, including 1 to 1 support, CV writing and interview preparation.

How to access this service:

Knowsley Works is freely available to all Knowsley residents and there is no need for a referral. Contact your nearest team if you would like support.

To find out more go to:

<https://www.knowsley.gov.uk/jobs/help-with-finding-work>

For more information on supported accommodation
for adults throughout Merseyside:

Alternative Futures Group

0151 489 550

ask@afgroup.org.uk

<https://afgroup.org.uk/>

Community Integrated Care

0845 543 9911

Information@c-i-c.co.uk

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



Go to the Preparing for Adulthood website for more
information and advice:

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



Benefits and financial support

Knowsley Carers Centre

Contact: 0151 549 1412 (Kirkby), 0151 448 9771 (Halewood), 0151 482 6279 (Huyton)
enquiries@knowsleycarers.co.uk



What is offered?

A carer is a person who provides unpaid support to a partner, relative or friend who cannot live independently without this help. The centre is here to support carers by providing education, counselling services and advice on carer rights, emergency/ID cards and benefits.

How to access this service:

You can self-refer by completing a form online or calling the team, or by asking your GP. Once your referral is received you will hear from one of the Carer Support Workers within 48 hours.

To find out more go to:

<http://www.knowsleycarers.co.uk/index.php>

Knowsley Disability Concern

Contact: 0151 480 4090
info@kdc.org.uk

What is offered?

Knowsley Disability Concern provides advice regarding benefits, grants, housing and more, to help people have more choices, be in control and enjoy more independence.

How to access this service:

You do not need a referral, simply get in touch.

To find out more go to:

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

SEN Home to School Transport

Contact: 0151 443 2440

andrew.nimmo@knowsley.gov.uk

What is offered?

Assistance with travel between home and school for children with special educational needs or disabilities.

How to access this service:

You need to apply for travel support, if you need assistance with this call the Contact Centre on 0151 489 6000.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/home-to-school-transport>

Knowsley Housing Solutions Team

Contact: 0151 443 2333

What is offered?

The team offers advice and support based on your own circumstances, including help finding a home, social housing, supported housing, advice for young people and physical difficulties in your home.

How to access this service:

Call the team or complete an online form.

To find out more go to:

<https://www.knowsley.gov.uk/residents/housing/homelessness-housing-advice/knowsley-housing-solutions-team>

For more information on benefits and grants for disabilities in Knowsley go to:

<https://www.knowsleyinfo.co.uk/categories/funding-support>



Information & advice

Advocacy NYAS

Contact: 0808 808 1001

help@nyas.net

What is offered?

Provides children, young people and vulnerable adults with legal representation or an advocate who do not have anyone in their circle of support to appropriately represent them.

How to access this service:

This service is available for Looked After Children, Care Leavers and complex Children in Need, as well as anyone who does not have an appropriate representative or experience difficulty understanding relevant information or communicating their views and wishes.

To find out more go to:

For carers and professionals

<https://www.nyas.net/>

For young people

<https://youngpeople.nyas.net/>



SENDIASS – Special Educational Needs and/or Disabilities, Information, Advice & Support Service

Contact: 0800 012 9066, Option 2

liverpoolandknowsleysend@wired.me.uk

What is offered?

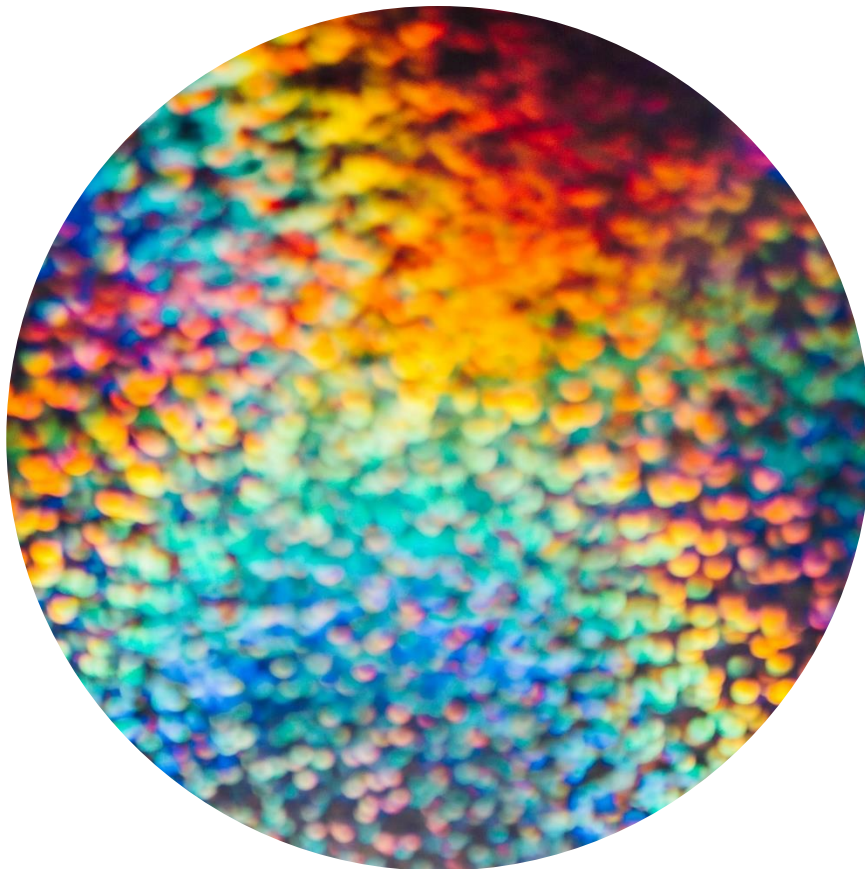
Free, confidential and impartial advice for parents of children with SEND around education, health and social care. This includes impartial support with any school related disagreements, school absence and exclusion, advice and support in the EHCP process, help with forms, letters and more.

How to access this service:

You can either phone or email the team of advisers.

To find out more go to:

<https://www.knowsleyinfo.co.uk/content/sendiaass>



SEND Disagreement Resolution and Medication Service – Mediatelegal

Contact: 0151 363 3972

help@mediatelegal.co.uk

What is offered?

A forum to resolve differences of opinion relating to SEND. This can be between parents and young people, the Local Authority or the Clinical Commissioning Group. A qualified mediator with knowledge of SEND law will act as impartial support and help everyone reach an agreement.

How to access this service:

The service is fully funded by Knowsley Council and is free to use. Get in touch via phone, email or their website.

To find out more go to:

<https://mediatelegal.co.uk/send-mediation-disagreement-resolution-services/>

If you are unhappy:

- Contact Knowsley Clinical Commissioning Group Knowsley.CCGCommunications@knowsley.nhs.uk regarding commissioned services or the Knowsley ND Pathway process
- Contact Alder Hey Hospital complaints@alderhey.nhs.uk regarding Community Paediatrics or another hospital service
- Contact the Local Authority haveyoursay@knowsley.gov.uk regarding vital services such as social care, schools and housing
- Contact Mersey Care palsandcomplaints@merseycare.nhs.uk regarding any other service e.g. CAMHS, Speech and Language, Occupational Therapy, Youth Offending Services



Further Information

The National Autistic Society

www.autism.org.uk/

Autism Education Trust

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

ADHD Foundation

www.adhdfoundation.org.uk/

Living with ADHD

www.livingwithadhd.co.uk/





About the Knowsley Neurodevelopmental Pathway

The Knowsley Neurodevelopmental Pathway is for assessment of Autism Spectrum Disorders (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) in children aged 5-18. These assessments are carried out by Neurodevelopmental Specialists alongside other local services, including Alder Hey Community Paediatricians, the Educational Psychology Service and Paediatric Therapies.

Schools, GPs or any other professionals involved in a child's care can make a referral. We cannot accept referrals from parents.

About Clinical Partners

Since 1st January 2021 the Knowsley Neurodevelopmental Pathway (NDP) has been managed and coordinated by leading mental healthcare provider, Clinical Partners.

Established in 2010, Clinical Partners work both privately and with the NHS to help people of all ages achieve better mental health outcomes, and were appointed based on their specialist experience supporting and diagnosing patients with neurodevelopmental conditions, including ASD and ADHD.

Contact Knowsley NDP:

Telephone: 0203 905 9390 (Monday-Friday 9am-5pm)

knowsley.ndp@nhs.net

Pathway Coordinator: jo.lucas@nhs.net

<https://knowsley.clinical-partners.co.uk/>