

Universal Services

Services	Information Regarding Service	Contact Details
<p>Navigate service delivered by Scope</p>	<p>Navigate is a national mentoring service, that provides emotional support for parents of disabled children who are finding out about their child's additional needs.</p> <p>Eligibility</p> <p>Navigate is open to any parent or carer who:</p> <ul style="list-style-type: none"> • lives in England or Wales • has a child under 18 years of age, who is going through or has received a diagnosis in the last year. <p>About the service</p> <p>Navigate is a 6-week programme that puts you in touch with a personal adviser, who will help you to talk about your feelings and concerns.</p> <p>The service will help you to:</p> <ul style="list-style-type: none"> • organise your thoughts and feelings • take positive actions and help with your emotional wellbeing • give you coping strategies and insights. <p>Your personal adviser</p> <p>You will have weekly catch ups with your adviser either online or by phone. Your adviser will work</p>	<p>Apply online or via telephone:</p> <p>https://www.scope.org.uk/family-services/navigate/navigate-form/</p> <p>0808 801 0510</p>

	<p>with you on a one-to-one basis, helping you to:</p> <ul style="list-style-type: none"> • explore your needs and personal goals • agree your 6-week action plan, and • provide you with support, if you need it. 	
Family Learning and Parenting - Stepping Stones	<p>The Family Learning and Parenting Service in partnership with Early Help, deliver the Stepping Stones parenting course to parents/carers of children aged 3 to 19 years.</p> <p>This course is part of a suite of courses developed by Triple P. The service works with parents at all levels from universal to level 4. Parents can self refer to courses or can be referred in by a range of professionals.</p> <p>The Stepping Stones programme aims to support families which have a child/young person with a special educational need or disability to manage behaviour more effectively. Topics covered may include managing disobedience, implementing routines including bedtimes, positive parenting, use of visual aids, and support for effective communication and things to try when things go wrong.</p>	<p>0151 443 4502 gill.downey@knowsley.gov.uk</p> <p>Family Learning Centre Westvale Primary School Milverley Road Westvale Kirkby Merseyside L32 0RQ</p>
ADDvanced Solutions	<p>Weekly drop-in support group that runs from the Children's Centre from 9.30-12.30. For families living with Neurodevelopment conditions.</p> <p>We support families, pre, during and post diagnosis to find the answers for themselves empowering them to make the necessary changes</p>	<p>Contact Name Pauline Hagendyk</p> <p>Contact Position Administrator</p> <p>Telephone 0151 486 1788</p>

	to improve their lives and the lives of their families through the recognition and the successful implementation of appropriate tools and strategies.	<p>Address Five Children & Families Trust Five Children's Centre Conleach Road</p> <p>Postcode L24 0TW</p>
Autism Initiatives	<p>For many services, spaces are offered as part of the local authority provision for that individual. In some cases families can pay for provision where needed.</p> <p>We started nearly fifty years ago with a school. Now we deliver a wide range of services including: Supported living accommodation and Residential homes Community resource centres in the UK / New Directions day Horizons services in Ireland Social enterprises Short break centres Schools and a college One stop shops Community outreach / Community support</p>	<p> About us leaflet.pdf</p> <p>Angela Armstrong Administration Assistant Autism Initiatives Sefton House Bootle L30 4XR Tel: 0151 330 9500</p> <p>www.autisminitiatives.org</p>
The Isabella Trust	<p>The Isabella Trust is a small Liverpool based charity which provides support to parents and carers of children with autism and sensory difficulties.</p> <p>Autism is a lifelong developmental disability which affects the way a person communicates and interacts with others. Sensory difficulties can impact on how a person receives and uses</p>	<p>http://www.theisabellatrust.org/events/</p> <p>For General questions and information email info@theisabellatrust.org</p> <p>or call us on 07956 749 774</p>

	<p>information via the senses. Sensory perceptions of a person with autism can cause them difficulty in processing sounds, sights and smells this can often result in the person becoming stressed or anxious and possibly feel physical pain.</p> <p>The Isabella Trust aim to raise awareness and provide information and support to the parents and carers of children with autism and sensory difficulties.</p> <p>The courses and workshops we provide include the following:</p> <ul style="list-style-type: none">• NAS Understanding Autism• NAS Sensory Needs• Combined Sensory Processing Difficulties and Sensory Strategies• Tear's Tantrum's & Pain in Everyday Activities (Sensory Defensiveness)• Eating Difficulties• Toileting• Praxis• Pathological Demand Avoidance• Autism and Anxiety• Women and Girls on the spectrum• Recognising and managing emotions• Challenging behaviour• Elklan Let's Talk Together• Autism and Transition• Autism and ADHD• Social Stories	<p>For postal enquiries contact us at</p> <p>The Isabella Trust</p> <p>54 St James Street</p> <p>Liverpool</p> <p>L1 0AB</p>
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	We work closely with children's centres, schools and other professionals and local organisations. We attend their organised events to provide information about our services	
ADHD Foundation	The ADHD Foundation works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional well being, educational attainment, behaviour and life chances through better understanding and self management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Irlen's Syndrome, dyscalculia and Tourette's Syndrome. We also provide training for GP's, Teachers, Social Care agencies and other professionals, raising awareness to bring about positive change and inclusion in mental health, education and employment.	https://www.adhdfoundation.org.uk/ 0151 237 2661
Living with ADHD	This website has been developed to support those who come into contact with Attention Deficit Hyperactivity Disorder (ADHD) - parents/carers and teachers - and also provides resources for children and teenagers themselves, to help them understand and manage the condition.	www.livingwithadhd.co.uk
ASD training team	Drop in sessions	Margaret Kelly Tracey Williamson asdtrainingteam@liverpool.gov.uk
Together Trust	Provides a range of Special Educational Needs and Therapy services to enable families caring for children and young people with complex conditions, including autism and learning	Further information: website: http://www.togethertrust.org.uk/

	<p>difficulties to get the help they need at specific times. The services offer practical solutions, help and support to ensure that families, children and young people get the best from their school and home life.</p> <p>Specialist service can support you and your child to focus on ordinary life and independence skills such as self-care, toileting, sleeping and eating programs that can transform the need for ongoing carer support and help.</p>	
OSSME	<p>Provides curriculum support in school and at home also parent group support which provides opportunities for parents to connect with and support each other in a relaxed and stress free environment, and anyone with a child who has an autism diagnosis or is awaiting diagnosis is welcome to attend.</p>	<p>Further information TEL: 0151 530 5052, Website: https://autisminitiatives.org/local-authorities/our-services/schools</p>
Family Fund	<p>Is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Our mission is to provide items and services to all low-income families in the UK raising disabled or seriously ill children, that they could not otherwise afford or access and that help improve their quality of life, realise their rights, and remove some of the barriers they face. We provide grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor</p>	<p>Further information Contact TEL: 01904 550055, website: https://www.familyfund.org.uk/our-mission</p>

	play equipment, clothing and computers. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.	
ADDISS The National Attention Deficit Disorder Information and Support Service.	Provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.	Further information: Contact TEL 020 8952 2800, Website: http://www.addiss.co.uk/
National Autistic Society	provides information supported by nearing services and campaign for a better world for people with autism	further information: Website https://www.autism.org.uk/
Cerebra	Offers a wide range of support services for children and young people with a diagnosis of autism. This can include support with regard to for e.g. sleep, toileting issues, anxiety issues and even advice and support completing DLA applications etc.	Further information: Parents/Carers can complete self-referral , contact website: www.cerebra.org.uk , TEL: Helpline (freephone): 0800 328 1159
CEA card	A national card scheme developed for UK cinemas which enables a disabled cinema guest to receive a complimentary ticket.	www.ceacard.co.uk