

## Support for carers of children with additional needs and disabilities: Canterbury District



### Support available from Kent County Council

**Kent Special Educational Needs Information Hub**— There are many voluntary organisations, support groups and advice charities active in Kent that can support families. Explore your options here if you think you or your child needs support.

Click this link: <https://www.kent.gov.uk/education-and-children/special-educationalneeds>

**Early Bird course**— is designed for those children aged 5 and under who have an autism diagnosis. The programme supports families to understand autism, and how children experience the world around them. Referrals for this programme will be offered after diagnosis via the Children's Assessment Centre.

**Portage**—The Kent Portage Team supports pre-school children with special education needs and disabilities. They work with families, focusing on planned play activities to help each child's development. Click this link: [Portage - supporting preschool children with SEND - Kent County Council](#)

**Information, Advice and Support Kent (IASK)** - Supporting families of children and young people (0-25) with special educational needs or disabilities with advice regarding the Statutory Assessment process and annual reviews. Click this link: <https://www.iask.org.uk>

**Kent Parents and Carers Together (PACT)** A forum for parents/carers of children and young people with special educational needs and disabilities (SEND) within Kent. The ensure that services provided by education, health and care meet the needs of children with SEND and their families. Click this link: <https://www.kentpact.org.uk/>

**Connect+** - Available for neurodivergent children and young people aged 9-18. They provide a wide range of fun and inclusive activities that give children and their families the opportunity to have a break and meet others with shared experiences. Click this link: [Connect! Short Breaks - Involve Kent](#)

**Together with Parents**—1:1 Support for families with a child on the pathway for an ASD assessment. For families open to Early Help at present. Please contact your Early Help Worker or Family Hub Practitioner for more information.

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## **Support available from your local Family Hub**

**Family Hub Support**—Your local family hub team will be able to offer you and your family one to one bespoke support. Such as parenting advice, managing children's behaviour, child development advice, signposting to local services, and much more. **Please contact Canterbury Family Hubs on 03000 417 516**

**SEND drop-in**—monthly drop-in sessions to help you understand your children's needs, find appropriate local support, and to ensure your child is supported well in education. Click this link for up to date timetables: [\(20+\) Facebook](#)

**Explorers Group**—A 5 session workshop which focuses on sensory development, positive communication, and regulating emotions. No diagnosis necessary. **Please contact Canterbury Family Hubs on 03000 417 516**

## **Support available from the NHS**

**The POD**—Up to date, helpful advice from the NHS Children's Therapies team. Information including support from occupational therapy, physiotherapy, speech and language and neurodiversity. Includes information, videos and workshops. Click this link: [Children's Therapies - The Pod | Kent Community Health NHS Foundation Trust](#)

**Kent Children & Young People's Mental Health Service CYPMHS (NELFT) -** CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours and support for neurodevelopmental differences such as ADHD or ASD. Click this link: [Kent Children & Young People's Mental Health Service CYPMHS | NELFT NHS Foundation Trust](#)

## **Local Charities and CICs**

**Kent Autistic Trust**—provide support around education and local support groups for parents. Click this link: [The Kent Autistic Trust \(kentakautistictrust.org\)](#)

**C.A.P.S.**— is a local support group for carers of autistic children. They meet at the football ground café once a month. Click this link: [\(20+\) CAPS | Facebook](#)

**SNAAP at Windchimes**—provide support for families as well as groups and activities. Click this link: [SNAAP : Special Needs Advisory & Activities Project in Canterbury, Whitstable, Herne Bay and throughout East Kent](#)

**St Nicholas School**— This special school in Canterbury offers parent workshops and other advice and guidance for children with additional needs via their website: [St Nicholas School \(st-nicholas.kent.sch.uk\)](#)

**Autism apprentice—1:1** Support for families with an autistic child. Wide range of support and advice including navigating the EHCP process. Click this link: [Autism Apprentice | The Autism Apprentice CIC](#)