



Useful Contacts for parents and carers

Please see below contact details for a variety of helpful organisations.

Links to their website home pages are in blue

South Tyneside Parent Partnership Services

Primrose Children's Centre
Lambton Terrace
Jarrow
Tyne and Wear
NE32 5QY

Email: SENDIASS@southtyneside.gov.uk

Telephone: 0191 424 6345

The Parent Partnership Service offers free information, advice and support to parents and carers of children with special educational needs (SEN) and disabilities.

The service:

- Helps parents make informed decisions about their children's education.
- Helps to make sure that parent's views are heard and that these views inform local policy and practice.
- Operates independently of the council. This means the services we provide are confidential and impartial in line with our PPS Impartiality and Confidentiality Policy.

We can help you with:

- Who to talk to in school about your concerns
- The SEN Code of Practice, Statutory Assessment and the Statementing process
- How special educational needs are identified and assessed by schools and the council
- Your rights and responsibilities
- Meetings and reviews about a child's needs
- How progress is monitored and reviewed

- What to do if you are not happy with a decision made about your child's special educational need
- Details of local and national organisations, which may be able to offer help and support



The Toby Henderson Trust (TTHT)

Gordon Street

South Shields

NE33 4JP

www.ttht.co.uk

www.autisminmind.com

TTHT is an independently funded charity supporting children and young adults with autism, their families, and carers in the North East. We are the one and only charity in the North East focused on post-diagnostic support and life-changing early intervention with autistic children and young people.

Our diverse range of services include:

- Intensive Interaction play room sessions.
- Social communication groups
- Training and workshops.
- Multi-disciplinary private assessment
- Sensory profile assessment and interventions.
- Private Speech and Language Therapist.
- Private Occupational Therapists
- ADOS-2 assessments.
- Psychotherapeutic Counselling.
- Autism friendly events.
- M.A.T.E.S ASD social group.
- Sibling Social Support group.

ASD Parent Support Group

Boldon Community Centre

New Road

Boldon Colliery

NE35 9DZ

Club facilities are available if parents wish to bring their child/children along.



South Tyneside and Sunderland
NHS Foundation Trust

**South Tyneside Lifecycle Primary Care
Mental Health Service** ☎ 0191 283 2937

Lifecycle

<https://www.southtynesidelifecyclementalhealth.nhs.uk/>

Children & Young People

South Tyneside Lifecycle Primary Care Mental Health Service aims to help people experiencing mild to moderately severe mental health problems. In our Community Child and Adolescent Mental Health Team (CAMHS) we offer support and advice to help young people learn skills to manage the way they feel.

Who we support

We support children and young people within the following age ranges:

Early Years (0-5 years)

Children (6-13 years)

Young People (14-17 years)

Young Adults (18-25 years)

What we support with

Low Mood and Depression

Worry and Anxiety

Controlling Anger

Bereavement/Loss

Bullying

Eating Difficulties

Self-Harming Behaviours

Relationship & Family Difficulties

We aim to help children and young people at the earliest possible stage, in order to support children, young people and families to develop skills and promote positive wellbeing and reduce the risk of further distress.

Want to make a referral?

If you are a parent or carer for a child, or a young person (aged 16 and over), you can make a self-referral to this service.

[Call us on 0191 283 2937](tel:01912832937)

South Tyneside Lifecycle Primary Care Mental Health Service

[Telephone 01912832937](tel:01912832937)

Young People & Adults

What we do

Our team works with people to enable them to overcome their problems when they feel anxious, depressed or stressed.

South Tyneside Lifecycle Primary Care Mental Health Service offer a free and confidential NHS service for people aged 16 and over who are registered with a GP in South Tyneside. We provide a range of psychological therapies to help you feel better if you're feeling anxious, depressed, stressed or worried.

What we offer

We have been operating for over 10 years within the NHS and have built up a qualified and experienced workforce that provide:

Information & Support

Classes & Courses

Group Therapy

One-to-one Therapy

Our therapies are evidence based as recommended by the National Institute for Clinical Excellence (NICE).

Where we deliver

Talking Therapies are delivered from three South Tyneside based medical centres, these are:

Cleadon Park Primary Care Centre

Monkton Hall (Jarrow)

Flagg Court (South Shields)

KOOTH

Kooth.com

Online counselling and advice service for people in South Tyneside aged 11 to 25 (Kooth)

Kooth is an award winning online counselling and support service. It is a safe, confidential and anonymous way for you get emotional wellbeing and mental health support.

On the Kooth website you can:

- Read interesting and helpful articles about issues like bereavement, anxiety, stress, and more
- Get support anonymously from the Kooth community
- Speak to fully trained and qualified counsellors and emotional wellbeing practitioners via web-chat, who are available until 10pm, every single day of the year

South Tyneside ADHD Support Group

Support group for families who have a child with ADHD.

Address

Mortimer Community College, Mortimer Rd, South Shields NE33 4UG, UK

Telephone [01914242862](tel:01914242862)

Email jeansinclair@blueyonder.co.uk

Services provided:

Benefits advice | Carers | Family Support | Group Work | Health and social care | Mental health | Service user led | Youth provision

How can this service be accessed:

Self | Family / Carer



Who we are:

At Women's Health in South Tyneside (WHiST) our mission is to improve the health, wellbeing, education and quality of life of women aged over 16 years old living in South Tyneside, irrespective of age, class, sexual orientation, ethnicity or disability.

WHiST provides a wide range of services to women over 16 years old in a safe and strictly confidential environment. Services address complex and enduring issues. Mental health, physical health, long term conditions and personal progression are contained within our counselling services, support groups, courses and activities, which are aimed at improving health and wellbeing.

We can arrange a "Meet and Greet" appointment with a volunteer to give you an overview of the organisation and the services we provide. These sessions usually take place at 10.30am on Thursdays for new members and at 11.30am for professionals. Alternative appointments can be made by arrangement. Information and advice is provided in confidence to help new members make informed decisions to improve their health and wellbeing.

For further information or to become a member to access WHiST's services please [contact us on 0191 454 6959](tel:01914546959) to make an appointment to speak with one of our team.

AUTISM HUB

Supporting families in South Tyneside in collaboration with Autism In Mind. This unique, specialist lifespan service is being provided with the financial support of the South Tyneside Clinical Commissioning Group and the partnership with South Tyneside Council and it is free to all families in the area with a South Tyneside postcode. To access TTHT services at the HUB, you do NOT need to have a confirmed diagnosis. For more information contact support@ttht.co.uk or call 0191 816 0550.

WAVES

Additional Needs Support Group ran by a group of dedicated volunteers who are all parents of children with "Additional Needs." We offer a range of activities to help build and promote social skills among our children and young adults as well as friendship, advice and support to parents and carers.

Open Saturdays 12pm till 4pm.

WWW.WAVES-SUPPORT-GROUP.COM

NEW HOPE NORTH EAST

Enable children with disabilities to come together with their siblings, relatives and friends.

WWW.NEWHOPENORTHEAST.CO.UK

BLISS=ABILITY

Inclusive, user-led disability organisation offering activities and services to adults and young people living in South Tyneside. You can email the service via enquiries@blissability.co.uk, or call 0191 427 1666

KAYAKS

South Tyneside's Kids and Young Adults Klub or "THE KAYAKS" is a registered charity. It provides weekend, voluntary run play session and special needs support groups. Saturday 1pm - 4pm.

WWW.THEKAYAKS.CO.UK

FOUNDATION OF LIGHT

Provides a wide range of activity sessions for children and young people, at their base in Sunderland – these are available to children from South Tyneside. The team also run a number of different well-being challenges, which are also available to residents of South Tyneside.

WWW.FOUNDATIONOFLIGHT.CO.UK