

## CARERS SUPPORT

Action for Carers and East Surrey Carers Association both offer information and practical support to carers. Visit: [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk) or [www.escsa.org.uk](http://www.escsa.org.uk)



## HELPLINES

**Contact a Family:** Call 0808 808 3555 free for advice about any aspect of caring for a disabled child. Open Mon-Fri, 9.30am - 5pm.

**FamilyLine:** Call 0808 800 5678 free if you need someone to talk to about parenting or personal issues. Open 9am - 5pm weekdays, but you can request an evening call back.

**Samaritans:** Call 116 123 free, 24 hours a day, 365 days/year. There to listen: you don't have to be suicidal to call.

## LOCAL OFFER

The Local Offer is your one-stop-shop for all things SEND. Find information ranging from childcare to leisure opportunities to events in your local area, and talk to other parents and carers through an online forum which suits your need.

Visit: [www.surreylocaloffer.org.uk](http://www.surreylocaloffer.org.uk)



## SSIASS

(Surrey SEND Information, Advice & Support Service)

SSIASS provides impartial, confidential and free support to empower parents, children and young people to:

- make informed decisions
- express their views and wishes about education and future aspirations
- promote independence and self advocacy.

Calls are prioritised: so leave a message, with your deadline, if you need an urgent response.

Visit: [www.sendadvice.surrey.org.uk](http://www.sendadvice.surrey.org.uk) or call 01737 737300

## IPSEA

(Independent Parental Special Education Advice)

IPSEA offers free, independent legally based advice and support to help get the right education for children with additional needs including:

- Local Authorities' legal duties to assess and provide for children with special educational needs
- Exclusions of children with special needs/disabilities.

To book an appointment visit: [www.ipsea.org.uk](http://www.ipsea.org.uk) or call 01799 582030

## ADVOCACY IN SURREY

Advocacy in Surrey offers support with both health complaints and for disabled people aged 16 and over. Advocates work with you and take your side.

Visit: [www.advocacyinsurrey.org.uk](http://www.advocacyinsurrey.org.uk) or call 0300 030 7333



## CHILD LAW ADVICE

Child Law Advice provides specialist advice on child, family and education law. Visit: <http://childlawadvice.org.uk/information-pages/special-educational-needs> or call 0300 330 5485



Speaking up for families of children & young people with additional needs

Do you care for a child or young person with additional needs?



Finding the organisations and people that can support you and your family can take some effort. Together with parent carers in Surrey, Family Voice Surrey has created this guide to help you find your way around some of the best-trodden paths...





Your Health



## MOVING & HANDLING

Caring can put a strain on your back, joints and soft tissues if moving and handling is not carried out correctly. Action for Carers Surrey has a dedicated Moving and Handling team which offers tools and techniques to help you limit the risk to your health. Call **01483 302748**

## COUNSELLING

Many GP surgeries provide therapy on the NHS. If counselling isn't available, your GP may refer you to a local psychological therapies service. You may also be able to self-refer. To find a service near you visit: [www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Free-therapy-or-counselling.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Free-therapy-or-counselling.aspx)

## NHS HEALTH CHECKS

If you're aged 40-74 with no pre-existing conditions you can have a free NHS Health Check to check that your circulatory and vascular systems are healthy. You'll be asked some questions and have some simple tests done by a health professional. Find your nearest venue: [www.healthysurrey.org.uk/your-health/health-checks/](http://www.healthysurrey.org.uk/your-health/health-checks/)

## REGISTER WITH YOUR GP

Registering with your GP as a carer will help them to monitor your health and refer you to appropriate services. You may also be entitled to a GP carer's break payment if your GP thinks your health is at risk from the pressures of your caring role. You could use the money for a hobby, to go away or buy something you need.

## Time for Yourself



## CARER'S ASSESSMENT

A carer's assessment is your chance to say what would make looking after your child easier for you. Social services should discuss what help you need and consider your wellbeing, including health and safety issues, and important commitments like relationships and employment. Under the Children and Families Act 2014 local authorities must assess parent carers if:

- 'it appears to the authority that the parent carer may have needs for support', or they
- 'receive a request from the parent carer to assess the parent carer's needs for support.'

Find out more by visiting: [www.cafamily.org.uk/media/925803/carers\\_assessments.pdf](http://www.cafamily.org.uk/media/925803/carers_assessments.pdf)

## Money Matters



## FINANCIAL HELP

Some children and carers are eligible for benefits, including Carer's Allowance, Carer's Credit, Disability Living Allowance and Disabled Facilities Grants. Check what you're entitled to visit: [www.turn2us.org.uk](http://www.turn2us.org.uk) or call **0808 802 2000** for advice. Citizens Advice also offers advice on both benefit and employment entitlements. Find out more by visiting: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## SHORT BREAKS

Short breaks give children with additional needs a chance to spend time away from their parents/carers, have fun with friends and develop their independence. Families get a break from caring, and can spend time with other family members. If your child is aged 19 or under and needs support to access play and leisure opportunities, short breaks are available regardless of eligibility for social care support. Some activities are free, some charge a fee. Some charities offer grants for Short Breaks. To search for short breaks including charities offering grants, visit the Local Offer: [www.surreylocaloffer.org.uk](http://www.surreylocaloffer.org.uk)

Thank you to all the parents and carers who helped to put this guide together.



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