

## **Support groups for Parent Carers of children/young people.**

**Umbrella Derby & Derbyshire** – Parent carer support groups/Men's group, siblings groups, helpline and social activities for children young adults with disabilities – [http:// www.umbrella.uk.net](http://www.umbrella.uk.net) or 01332 521229 for more details (**Amber valley, Erewash and Derby City area**)

**Cartoon Heroes**- Parent carer support group for carers of children 0-24 years old. Regular support groups with specialist free speech and language, audiology and holistic workers attending – <http://www.cartoonheroes.co.uk> for more details (**Derbyshire and Derby City area**)

**Sunshine support** – Parent Carer support group, training and advice from specialist services for Carers of children up to 25 years old - <https://www.sunshine-support.org/> (**Derbyshire and Derby City areas**)

**NAS Derby and District branch** - Autism support and information for children and adults – 07500089571 or email [DerbyandDistrict@nas.org.uk](mailto:DerbyandDistrict@nas.org.uk) (**Derbyshire and Derby City**)

**DASG (Derbyshire Autism Service)** - Parent Carer support, siblings support, care provider service for children and adults with Autism spectrum conditions – <http://www.derbyshireautismservices.org> or 01773 741221. (**Derbyshire area including Buxton**)

**CROAK Carers** – Parent carer support groups/activities for children/young people on the autistic spectrum/ADHD - 07568196968 and facebook group (**Erewash area**)

**Special Needs Circle** – support groups, workshops/training sessions for parent carers of children and young adults 0-25 years old – <http://www.specialneedscircle.co.uk> (**Amber Valley and Erewash areas**)

**Autism East Midlands – Support and activities for Families – 01909 506678**  
<https://www.autismeastmidlands.org.uk/about-autism-east-midlands/> (**County Wide**)

**Fairplay** – Parent carer support and care provider service for children and adults with disabilities - <https://www.fair-play.co.uk/> or 01246 203963 - (**Chesterfield and North County area**)

**PAN** – Support and advocacy for parent carers of children – <http://www.parentingadditionalneeds.org.uk> (**Chesterfield/North and Derbyshire Dales area**)

**Autism, Aspergers and ADHD support group** – support group – 01298 79539 Peter (**Buxton area**)

**Autism Information & Advice** - offers training, resources and support groups County Wide – 01332 228790 <https://www.autisminformationservice.org.uk/> (**County Wide**)

**Derbyshire Parent Carer Forum** – offers support for Families and helps to change services in Derbyshire - 01629 533666 <https://derbyshireparentforums.co.uk/> (**County Wide**)

**Derbyshire Carers Association** - Parent Carer support for those with children and adults over the age of 17 years old and over across the whole County – <https://www.derbyshirecarers.co.uk/> or 01773 833833 – (**County Wide not City**)

### **Mental Health support**

**QWELL Digital Counselling for Parent Carers & Young People** - confidential way for Parents and Carers of young people under the age of 18 to access emotional wellbeing - <https://www.carersinderbyshire.org.uk/derby-derbyshire-ccg-new-service-qwell>

**Bridge the Gap** – early intervention child mental health support organisation (non profit) includes, Support for Parents, webinars, training, resources and therapy for children - 01332 600827  
<https://www.jwbridgethegap.com/>

**Action for Children** – Mental health support and services for children and families -  
<https://services.actionforchildren.org.uk/derbyshire/contact-us/> (County Wide)

**Living Well with Autism** - Specialist counselling and support and those age 18 yrs and above with Autism (diagnosis can be pending) and their families – 01332 301350  
<https://www.livingwellwithautism.org.uk/> (South Derbyshire & City)

**Thinking Mental Health** – Website with self referral access for anyone in Derbyshire over 16 yrs old to access counselling and therapies - <https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire> (County Wide)

### **Education support**

**Derbyshire information advice and support service for SEND** - advocacy, information and support with any education support issues for children aged 0-25 years old –  
<http://www.derbyshireiass.co.uk> (Derbyshire area)