

CALM Resources Pack

Special Education Needs and Disability (SEND)		
<i>Local</i>		
The Cambridgeshire County Council Local Offer	0345 045 1360 www.cambridgeshire.gov.uk/residents/children-and-families/local-offer	All local authorities across the UK must publish information about how young people aged 0 – 25 who have special educational needs and/or disabilities (SEND) are supported in their area. This is known as the local offer. Here you can find information about 'Understanding special educational needs and disability and what to do' including: autism, cognition and learning, social and emotional mental health, speech language and communication, dyslexia.
Pinpoint Cambridgeshire	01480 499043 www.pinpoint-cambs.org.uk	A charity supporting parents and carers, especially those with children with additional needs and disabilities. Their website provides lots of useful information as well as links to many local support groups including ADHD, ASD, dyslexia and FASD.
Little Miracles	01353 664644 www.littlemiraclescharity.org	A Cambridgeshire and Suffolk based charity and parent led support group. They support families with children that have autism, additional needs, disabilities and life limiting conditions as well as their carers and siblings.
<i>Nationwide</i>		
SENDirect	020 7608 8772 www.sendirect.org.uk	A service run by nine disability charities working together to provide families with information about activities and support to suit their interests, lifestyle and budget.
Mencap	0808 808 1111 www.mencap.org.uk	A UK charity for people with a learning disability. Mencap's mission is to transform society's attitudes to learning disability and improve the quality of life of people with a learning disability and their families.
Speech, Language and Communication		
<i>Local</i>		

Cambridge Community Services: Children's Speech and Language Therapy	Cambridge: 01223 884494 Ely: 01353 652042 Wisbech: 01945 488030 Huntingdon: 01480 418672 www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/specialist-services/childrens-speech-and-language-therapy	This website provides information on speech, language and communication services and support in the Cambridgeshire area.
<i>Nationwide</i>		
Talking Point	I CAN Help Enquiry Service: 020 7843 2544 www.talkingpoint.org.uk	A website run by I CAN, the UK's leading children's communication charity. It provides a wide range of information and advice for parents and practitioners for supporting children's speech and language development.
Afasic	Parent Helpline: 0300 666 9410 www.afasic.org.uk	UK charity that provides advice and support for children with difficulties in speech, language and communication. Their website provides lots of free information leaflets.
Attention Deficit Hyperactivity Disorder/Attention Deficit Disorder (ADHD/ADD)		
<i>Local</i>		
Pinpoint ADHD/ASD Groups	01480 499043 www.pinpoint-cambs.org.uk/asd-adh-pinpoint-support-groups	Monthly groups at Ely, Histon, Peterborough and Huntingdon in conjunction with Family Voice Peterborough help parents and carers who have children with ADHD and Autism with or without a diagnosis.
<i>Nationwide</i>		
The ADHD Foundation	0151 237 2661 www.adhdfoundation.org.uk	Works to raise awareness and understanding of ADHD, support schools, GPs and youth services working with people living with ADHD and works in partnership with those living with ADHD enabling them to understand and manage ADHD.
Living with ADHD	www.livingwithadhd.co.uk	This website has been developed to support those who come into contact with ADHD - parents/carers and teachers - and also provides resources for children and teenagers themselves, to help them understand and manage the condition.

ADDISS	020 8952 2800 www.addiss.co.uk	The National Attention Deficit Disorder Information and Support Service provides information and resources about ADHD to anyone who needs assistance – parents, sufferers, teachers or health professionals.
Autism Spectrum Disorder (ASD/Autism/Aspergers)		
<i>Local</i>		
Cambridge Branch of the National Autistic Society (CNAS)	07920 150407 www.nascambridge.org.uk	Provides support to individuals of all ages and their families and campaigns for better local services for those living with autism in Cambridgeshire. The Branch currently provides 24/7 information and advice support via telephone helpline, E-mail and website and runs a number of support groups and clubs for people on the autism spectrum and for their families.
Autism Anglia	01206 577678 www.autism-anglia.org.uk	An independent charity which provides care and support to children, adults and families affected by autism. Services in Essex, Suffolk and Norfolk offer personalised approaches that provide each individual with the necessary skills and strategies to enable them to realise their own strengths and abilities.
<i>Nationwide</i>		
The National Autistic Society	0808 800 4104 www.autism.org.uk	The leading UK charity for autistic people (including those with Asperger syndrome) and their families. Supporting children, families and adults with schools, services and information.
Child Autism UK	01344 882248 www.childautism.org.uk	An autism charity based in Ascot, Berkshire which provides information and support for parents of children with autism.
Mental Health		
<i>Local</i>		
Cambridgeshire and Peterborough NHS Foundation Trust (CPFT)	01223 219400 Full list of Children and Young People services in Cambridge and Peterborough:	Delivers NHS services providing: <ul style="list-style-type: none"> • Integrated physical and mental health services for adults and older people;

	www.cpft.nhs.uk/training/childrens-services-welcome	<ul style="list-style-type: none"> • Specialist mental health and learning disability services; • Children and young people's mental health services; • Children's community services in Peterborough; • Social care; • and ground-breaking research
CPSL Mind	Cambridge: 01223 311320 St Neots: 01480 470480 Peterborough: 01733 362990 www.cpslmind.org.uk	Cambridge, Peterborough and South Lincolnshire Mind is the local Mind charity. They provide a wide range of services across the county to support those recovering from mental health challenges, promote positive mental health and tackle mental health related stigma in our community.
<i>Nationwide</i>		
YoungMinds	Parents Helpline: 0808 802 5544 www.youngminds.org.uk	The UK's leading charity championing the wellbeing and mental health of young people.
Anxiety UK	08444 775 744 www.anxietyuk.org.uk	A user-led charity working to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding through a range of services including 1:1 therapy.
OCD Action	0845 390 6232 www.ocdaction.org.uk	The leading Obsessive Compulsive Disorder (OCD) charity in the UK. Providing support and information to anybody affected by OCD, working to raise awareness of the disorder amongst the public and healthcare workers, and striving to secure a better deal for people with OCD.