**Useful Contacts**

Communication and Interaction

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| **Speech and Language Therapy** | [https://www.cnwl.nhs.uk/servic](http://www.nessy.com/)es/c[ommunity-services/hillingdon-talks-](http://www.gosh.nhs.uk/medical-information/clinical-specialties/neurology-information-parents-and-visitors/) |
| **The communication trust** | Work to support everyone who works with CYP with SLCN. |
| **Communication Matters** | Find out more about Augmentative and Alternative communication- AAC. |
| **Talking mats** | Find out how using Talking Mats can help CYP express their views. |
| **Signalong** | Find out more about Signalong. |
| **SMIRA** | Selective mutism: more information about how to support CYP with selective mutism. |
| **Developmental Language Disorder** | DLD and me |
| **Talking Point** | Provides information about ages and stages, advice sheets, progress checker-developed by Speech and Language therapists, ICAN and AFASIC. |
| **National Literacy Trust and words for life** | Tips, advice, and resources. |
| **ICAN** | Charity supporting children with SLCN-useful books, explanations of what SLCN is and how to support. |
| **AFASIC** | Charity provides developmental milestones, parents helpline, information about what to do if you are worried about child’s speech language and communication. |
| **Michael Palin Centre** | Specialist centre for CYP who stammer-gives information, videos, and courses. |
| **NDCS** | National Deaf Children’s Society- advice sheets and information for parents and professionals working with deaf CYP- free resources and advice. |
| **British Stammering Society** | Advice sheets and information packs for parents, teenagers, and teachers. |
| **National Autistic Society** | Information about supporting CYP with autism. |
| **Headway** | UK based charity for brain injury survivors and their families and carers. |
| **Speech Link** | Advice and resources for parents to use to help their children with their speech sounds. |
| **Thinking Talking** | Ideas of word games to play at home to develop vocabulary skills in school aged children. |
| HACS/Hillingdon parent carer forum/SENDIASS/Centre for ADHD and Autism support/ Hillingdon Dad’s support Group/Disablement Association Hillingdon (DASH)/Friends of Early Bird | |

**Sensory and/ or Physical**

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| **Physiotherapy** | Hillingdon Children’s Intergrated Therapy Service |
| **Can Child** | A research centre generating knowledge about children with developmental conditions. |
| **Contact** | A charity for families of disabled children-supporting and bringing families together. |
| **Try B4 U Fly** | Advice and equipment for hire to try before going on an aeroplane. |
| **Wheel Freedom** | Provides wheelchairs for affordable short-term hire. |
| **Whizz kidz** | Charity providing equipment such as specialist tricycles and sport wheelchairs |
| **Disability sport** | Brunel Wheelchair Basketball, Cerebral Palsy Sport ,Disability snow sports in Hemel Hempstead, Disabled swimming lessons in Ruislip, Swimming lessons for the disabled, Riding for the disabled, Change4life - information about accessible activities |

**Occupational Therapy**

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| **Occupational Therapy** | [https://www.cnwl.nhs.uk/servic](http://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-)es/c[ommunity-services/hillingdon-plays](https://careandsupport.hillingdon.gov.uk/Services/59) |
| **Life Skills** | By NHS Greater Glasgow and Clyde. |
| **Disablement Association Hillingdon** | Charity providing advice, support and activities allowing disabled people to become independent. |
| **Hillingdon Autistic Care and Support (HACS)** | HACS: local charity for CYP on the Autism spectrum-providing support, training, and advice. |
| **Centre for ADHD and Autism** | A charity offering support, training, and education. |
| **Hillingdon Parent Carers Forum** | Represent the views of parents and carers in Hillingdon in discussions with the local authority and service development. |

**Hearing Impairment**

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| **Association of Lipspeakers** | [www.lipspeaking.co.uk](http://www/) |
| **The Association of Teachers of Lipreading to Adults** | [www.lipreading.org.uk](http://www.lipreading.org.uk/) |
| **British Academy of Audiology** | [www.baaudiology.org](http://www.hillingdon.gov.uk/stronger-families) |
| **British Association of Audio vestibular Physicians** | [www.baap.org.uk](http://www.hungryfingers.com/) |
| **British Association for Counselling and Psychotherapy** | [www.bacp.co.uk](http://www/) |
| **British Association of Educational Audiologists** | [www.educational-audiologists.org.uk](http://www.hillingdon.gov.uk/article/7935/About-the-) |
| **British Association of Teachers for the Deaf** | [www.batod.org.uk](http://www.wonderbaby.org/) |
| **British Society for Mental Health & Deafness** | [www.bsmhd.org.uk](https://www.freetobekids.org.uk/our-work) |
| **City Lit, Centre for Deaf People** | [www.citylit.ac.uk](http://www.artsforlifeproject.org/) |
| **Deaf UK Jobs: A free emailing list that advertises job vacancies that are deaf related** | [www.deaf-uk.org.uk/](http://www.gl-assessment.co.uk/) |
| **Support for carers** | [https://www](http://www.ndcs.org.uk/information-and-support/).ndcs.or[g.uk/information-and-support/](http://www.batod.org.uk/) |
| **Support for professionals** | [https://www](http://www.corc.uk.net/).ndcs.or[g.uk/information-and-support/being-deaf-friendly/information-for-professionals/](http://www/) |

**Visual Impairment**

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| **Action for Blind People** | Practical support and advice. Freephone helpline: 0800 915 4666. [www.actionforblindpeople.org.uk](http://www.corc.uk.net/) |
| **Blind in Business** | Supporting blind and partially sighted young people into employment. Tel: 020 7588 1885. [www.blindinbusiness.co.uk](http://www/) |
| **Guide dogs** | Guide dogs offer a Mobility and Independence Education Preparation and support service for young people through critical transition stages such as school to further education and/or employment. Tel: 0118 983 5555. |
| **LOOK** | Supporting parents and carers of children with vision impairment. Tel: 0121 428 5038. [www.look-uk.org](http://www.cnwl.nhs.uk/hillingdon-talks-moves-plays) |
| **National Blind Children’s Society (NBCS)** | Supports CYP with visual difficulties. Hosts ‘Starting Point: a guide for parents whose child has a visual impairment’ a website put together by five expert organisations to answer parents’ questions. Tel: 0800 781 1444. [www.nbcs.org.uk/](http://www.corc.uk.net/) startingpoint |
| **Playmatters** | Creating and supporting high quality play opportunities. Tel: 020 7428 2280. [www.playmatters.org.uk](http://www.national.slam.nhs.uk/services/camhs/camhs-dialecticalbehaviour/) |
| **Royal London Society of the Blind** | Services for CYP with vision impairment. Tel: 01732 592500 (Seal office) or 020 7808 6170 (London office).Email:[enquiries@rlsb.org.ukwww.rlsb.org.uk](http://www/) |
| **Royal National Institute of Blind People (RNIB)** | Information, support, and advice to people with sight loss. Helpline: 0303 123 9999 |
| **RNIB National Library Service, Tel: 01733 375351** | Parents’ Place: [www.rnib.org.uk/parents](http://www.lipspeaking.co.uk/) Young People: [www.rnib.org.uk/youngpeopleProducts](http://www.rnib.org.uk/youngpeopleProducts) and Publications: [www.rnib.org.uk/shopwww.rnib.org.uk](http://www.baaudiology.org/) |
| **Sense** | For people with deaf blindness and associated disabilities. Tel: 0845 127 0060Text: 0845 127 [0062www.sense.or](http://www.corc.uk.net/)g.uk |
| **VICTA** | Support and information to parents, carers, young people with a vision impairment and organisations. VICTA also offers grants to individuals, groups, and research projects. [www.victa.org.uk](http://www.educational-audiologists.org.uk/) |
| **Local groups** | There are many local societies for people who have a vision impairment.Some offer activities for children and families. Contact Visionary on 0208 4170942 or: [www.visionary.org.uk](http://www.corc.uk.net/) to find your local organisation, or search: [www.sightlinedirectory.org.uk](http://www.rnib.org.uk/parents) |
| **Bag Books** | Sells multi-sensory story packs. Tel: 020 7627 0444 [www.bagbooks.org](https://www.hillingdon.gov.uk/media/1961/Hillingdon-Ordinarily-Available-Provision/pdf/Hillingdon_Ordinarily_Available_Provision.pdf) |
| **Booktouch** | Introduces babies and toddlers who are blind or partially sighted to books. A Booktouch pack is available free to parents or carers of children who are blind or partially sighted up to (and including) the age of four. www.bookstart. co.uk |
| **Braille resources** | RNIB offers lots of resources to support children learning braille. Here are a few examples: Hands On – Fun reading scheme to teach the basics of contracted (grade 2) Braille to children aged four to six [www.rnib.org.uk/shopFeeling](http://www.gl-assessment.co.uk/) ready to read – A pack to teach pre-reading and tactual skills to children who will learn to read using braille [www.rnib.org.uk/shop](http://www.baap.org.uk/) Finger fun books – Books to help children develop tactile skills. Simple, entertaining stories in large print with bold black illustrations and robust, brightly coloured thermoforms of everyday objects. Age 3+. [www.rnib.org.uk/shopwww.rnib.org.uk/braille](http://www.bacp.co.uk/) |
| **Calibre** | Audio library of story books for children available as MP3 files, on CD or USB memory stick. Tel: 01296 432 [339www](http://www/). youngcalibre.org.uk |
| **Clear Vision Library** | A UK postal lending library of mainstream children’s books with added braille. The books have braille (or Moon), print and pictures, so that visually impaired and sighted children and adults can share them. Children’s books mention vision impairment. The books listed on this website feature children with additional needs. Browse the Sight section for books featuring characters who have a vision impairment. [www.healthybooks.org.uk](http://www.healthybooks.org.uk/) [www.clearvisionproject.org](http://www.corc.uk.net/) |
| **Hungry Fingers** | Educational tools are designed to give visually impaired children the confidence to be in command of the space around them. [www.hungryfingers.com](https://www.hillingdon.gov.uk/article/4521/Information-for-professionals) |
| **Inclusive Technology Ltd** | Supplies equipment and software that helps those with special educational needs to use a computer, communicate, and learn. Leaps and Bounds introduces young children to mouse skills, decision making, visual and auditory stimulation, left/right orientation, and tracking. [www.inclusive.co.uk](http://www.cnwl.nhs.uk/services/community-services/hillingdon-talks-) |
| **Kneebouncers** | Online games for babies and infants. [www.kneebouncers.com](http://www.deaf-uk.org.uk/) |
| **Lea Hyvarinen** | Teaching materials developed by Lea Hyvarinen, an ophthalmologist and senior lecturer at the University of Helsinki. [www.lea-test.fi/leaweb/index.html](http://www.cnwl.nhs.uk/services/community-services/hillingdon-moves) |
| **Wonderbaby** | Information on toys and equipment, including sensory rooms and ideas for supporting blind babies and infants. [www.wonderbaby.org](http://www/) |

**Social, Emotional and Mental Health**

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| **Best For You** | Includes information about mental health, digital tools for people across the UK, and innovative mental health services for young people in North West London.  <https://bestforyou.org.uk/> |
| **Young Minds** | Provides information, advice and support to young people experiencing mental health concerns and their parents including:  Information about mental health concerns and what support may be available on: [www.youngminds.org.uk/find-help/conditions/](http://www.ndcs.org.uk/information-and-support/being-deaf-friendly/information-for-professionals/)  [www.youngminds.org.uk](http://www/) |
| **Crisis Messenger** | This is free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258. All texts are free and answered by trained volunteers, with support from experienced clinical supervisors.  Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm). |
| **The Anna Freud Centre** | Provides a list of strategies for young people to use to manage / maintain their emotional wellbeing.  [www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/) |
| **NHS Apps Library** | Provides apps and online tools to help you manage your health and wellbeing.  [www.nhs.uk/apps-library/](http://www.nhs.uk/apps-library/) |
| **Free to be** | [https://www.freetobekids.org.uk/our-work](http://www.staffordshire.gov.uk/) - Our volunteers work with disadvantaged children across London to rebuild self-esteem, boost resilience and to help explore challenging emotions and ways of managing. We do this via a range of therapeutic adventures & countryside based respite residentials, in all seasons, as well as through creative termtime afterschool groups. |
| **ChildLine** | (www.childline.org.uk) for telephone advice and support on 0800 1111 |
| **CAHMS** | Hillingdon Child & Adolescent Mental Health Service (CAMHS) provides specialist mental health assessments, therapies and interventions for CYP aged up to 18.  Further information about what CNWL CAMHS do, who works in CAMHS, what happens during your first appointment, moving on after CAMHS support and tips on how you can take care of yourself.  You can contact us on 01895 256521 or [cfacs.cnwl@nhs.net](http://www.sense.org.uk/) for new referrals to our service. For urgent advice and support, please contact 0800 0234 650.  [www.cnwl.nhs.uk/camhs](http://www.cnwl.nhs.uk/services/community-services/hillingdon-plays) |

**Other**

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| **Hillingdon Children’s Integrated Therapy Service (CITs)** | This website has useful links to resources, videos, training, strategies, and advice sheets. It also signposts recommended websites for more support and information for parents and professionals.  Facebook: @HillingdonTalks / @HillingdonMoves / @HillingdonPlays Instagram: @Hillingdon\_TalksMovesPlays  Twitter: HillingdonPlays  [www.cnwl.nhs.uk/hillingdon-talks-moves-plays](http://www.corc.uk.net/) |
| **Hillingdon Stronger Families Hub** | The Stronger Families Hub operates 24 hours a day, 7 days a week to provide families in Hillingdon with information, advice, and support. If you are a parent / carer in Hillingdon, we can provide you and your family with lots of different help about a range of things, including:   1. Concerns about your child’s general behaviour 2. Support and advice with parenting 3. Difficulties at home, such as daily routines 4. Domestic abuse 5. Worries about your child’s school attendance or achievement in education 6. Bullying or online abuse 7. Concerns, such as going missing, taking drugs, or associations with gangs 8. Support if your child has (or you feel they may have) additional needs 9. If you’re worried about another child who may be at risk.  Get in touch via [https://www.hillingdon.go](http://www.rnib.org.uk/shopFeeling)v.uk/str[onger-families,](http://www.rnib.org.uk/shop) [strongerfamilieshub@hillingdon.gov.uk](http://www.visionary.org.uk/) or 01895 556006.  Professionals can also make referrals on behalf of families via [https://www.hillingdon.go](http://www.corc.uk.net/)v[.uk/article/7935/About-the-](http://www.hillingdon.gov.uk/article/7935/About-the-) Stronger-Families-Hub-and-making-referrals---Information-for-professionals. Within the Stronger Families Hub sits Hillingdon MASH (Multi Agency Safeguarding Hub), which is the hub’s safeguarding element where professionals share information quickly about police referrals of domestic abuse (Merlins) and referrals where there are concerns about a child’s safety or welfare. |
| **P3 Family Advice service** | This service supports families in Hillingdon with a child under the age of 5. We offer advice and support to enable you to keep yourself and your children safe and well, and able to manage your accommodation. We can also help you to access other services for support with benefits, money and finances, housing, mental health issues and more.  To make an appointment contact [navplus@p3charity.org](http://www.inclusive.co.uk/) or call 01895 436114. |
| **Kooth Online Counselling** | Kooth is a safe and anonymous online counselling and emotional well-being platform for CYP from 13 years and until their 26th birthday, accessible through mobile, tablet and desktop and free at the point of use. No referral is needed.  [www.kooth.com](http://www.actionforblindpeople.org.uk/) |
| **P3 Hillingdon Navigator Plus** | The Wellbeing Hub at P3 Hillingdon Navigator Plus, who provide wellbeing support and drop-in advice for young people aged 13-25. Self-referrals can be made by contacting [navplus@p3charity.org](http://www.blindinbusiness.co.uk/) or 01895 436114.  [https://www.p3charity](http://www.cnwl.nhs.uk/services/community-services/hillingdon-moves).or[g/services/hillingdon-drop-in-navigat](http://www.ndcs.org.uk/information-and-support/being-deaf-friendly/information-for-professionals/)or |
| **The Arts for Life Project** | The Arts for Life Project provides opportunities for young people to grow and develop without external expectation or pressure in an open and nurturing environment creating happier, healthier individuals, both mentally and physically, by offering:   1. Inclusive Weekly Day & After-School Programmes for Young People 2. Inclusive Vacation Activities for Young People 3. Opportunities for Inclusive Family Activities to grow and develop support bonds [www.artsforlifeproject.org](http://www.youngminds.org.uk/find-help/conditions/) |
| **Link Counselling** | Link Counselling provides support for people aged 13-25 who live, work or study in the London Borough of Hillingdon. Help Available: One to one counselling/Therapy for 13-25 years. Self-referrals can be made.  [www.youthwellbeing.co.uk/findservice/link-counselling-service](http://www.cnwl.nhs.uk/services/community-services/hillingdon-talks-) |
| **CNWL Talking Therapies** | This is a free, confidential NHS service which provides psychological treatment for people aged 18 and over experiencing depression and anxiety. Talking Therapies and counselling services are suitable for people with problems which have arisen recently. Feelings of low mood, anxiety, particular fears, or problems coping with daily life and relationships, are all suitable for brief focussed talking therapies. People seeking help with difficulties other than depression or anxiety, or whose difficulties require more specialist or intensive treatment which cannot be provided in a primary care setting, can be directed to the appropriate specialist or secondary care mental health services. Self- referrals can be made via a GP or other NHS professional.  <https://talkingtherapies.cnwl.nhs.uk/hillingdon> |
| **CNWL Single Point of Access** | The Single Point of Access provides one number (0800 0234 650) for self-referrals and professional referrals to secondary mental health services and support in a mental health crisis. The team consists of qualified clinicians who are knowledgeable about different services and options. This helps callers to be directed to the most appropriate service to meet their needs. The team provides advice and guidance through a triage process, where the urgency  of care required is assessed. The team also can make appointments for new referrals to see one of our community mental health teams.  [https://www.cnwl.nhs.uk/servic](http://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-)e/singl[e-point-of-ac](http://www.nbcs.org.uk/)c[ess-north-west-london-adult-community-mental-health-](mailto:cfacs.cnwl@nhs.net) services/ |
| **GOSH Tourette Syndrome** | The Tourette syndrome clinic is a national specialist service that cares for CYP up to 18 years of age. We have a specialist multi-disciplinary team that works closely with other departments within GOSH, particularly neurology. The care of children is always shared between local services and the specialist service here at GOSH.  [https://www.gosh.nhs.uk/medic](mailto:enquiries@rlsb.org.ukwww.rlsb.org.uk)al-inf[ormation/clinical-specialties/neur](http://www.victa.org.uk/)ol[ogy-information-parents-and-visitors/](http://www.bagbooks.org/) clinics-and-wards/tourette-syndrome-clinic |
| **National Dialectical Behaviour Therapy (DBT) Service** | The service specialises in the assessment and treatment of young people who have a history of self-harm and symptoms associated with borderline personality disorder such as impulsiveness, unstable relationships, anger, difficulties controlling emotions and feelings of emptiness. We provide assessment, treatment, consultation, and training. Treatment involves individual therapy and group skills training for the young person. The young person’s parents or carers also take part in group skills training.  [https://www.national.slam.nhs.uk/servic](http://www.rnib.org.uk/shopwww.rnib.org.uk)es/c[amhs/camhs-dialecticalbehaviour/](http://www.hillingdon.gov.uk/stronger-families) |
| **Attention Hillingdon (Autism)** | [https://careandsupport.hillingdon.gov.uk/Services/59](http://www.rnib.org.uk/shopwww.rnib.org.uk/braille) - An 8-week Programme to support children’s attention & listening skills. This can be accessed by parents at children centers or delivered in school/setting by trained practitioners (SAS - Please book your place using the training brochure by SAS.). This Programme aims to support parents with the knowledge and understanding of autism and consider how autism impacts their individual child. Strategies and techniques are explored to support behavior, communication, and development. |
| **Cygnets** | Cygnet is a FREE parenting support programme for parents and carers of children and young people ages 5-18 with a diagnosis of autistic spectrum disorder (ASD) and/or social communication difficulties. Those who are awaiting a diagnosis can also attend. The Barnardos Cygnet Programme is a programme aimed to support the child by working to upskill parents and professionals enabling them to better understand autism. The programme teaches about autism first and then how to support communication and promote positive behaviours. The course aims to improve participants’ confidence in managing the challenges faced when raising or teaching a child with autism. The idea behind the Cygnets framework is to teach about autism first. Then consider the impact of sensory dysfunction, communication and behaviour following an appreciative inquiry approach. The programme consists of six group sessions, once a week for 3 hours. The aim is to build confidence and empower parents and professionals to problem solve, understand why their child may behave differently so they can begin to learn how best to help their child develop. Please book your place using the training brochure by SAS. |
| **Early Bird** | Early Bird is a support programme for parents and carers, of pre-school children with a diagnosis of autism or are on the pathway to receiving a diagnosis of autism (not yet attending full time school) The programme aims to support parents in the period between diagnosis and school placement, offering advice and guidance on strategies and approaches for dealing with young children with autism. It works on understanding autism, building confidence to encourage interaction and communication and analysing and managing behaviour. The programme draws from well-established practice in the field of autism The approaches used include: the national Autistic Society SPELL framework, techniques from the TEACCH approach, Picture Exchange Communication System (PECS). Please book your place using the training brochure by SAS. |