

Community Paediatric team

Parent/Carer Information – Useful Resources

Autism - even if child is awaiting a diagnosis

- [Autism West Midlands Support](#)
☎ Helpline: 0121 450 7575 | ✉ info@autismwestmidlands.org.uk
- [National Autistic Society \(NAS\)](#)
- [National Autistic Society - Herefordshire branch](#)
✉ herefordshire.branch@nas.org.uk
- [Ambitious about Autism](#) - A toolkit to help school children with autism – supports mental health and wellbeing Tele: 07785 341 494
- [Spectrum](#) - They provide events, sessions, and support for families of children with Autism, additional needs, learning difficulties, and disabilities.
- [The Curly Hair Project](#) - An organisation which helps people on the autistic spectrum and the people around them. They use animated films, stories, comic strips and diagrams to make the information easy to understand.
- [Solihull Approach – Parenting Your Child](#)
- www.autism.org.uk/about/health/eating- Eating/restricted diet, There is information available to help with these difficulties on the National Autistic society website.

ADHD - We do not provide any services In Hereford for children with ADHD but you can refer to the following information;

- [Royal College of Psychiatry](#) - Use the search bar to search 'ADHD for parents and carers`
- [ADHD UK](#) - A charity to help those with ADHD.
- [ADDISS The National Attention Deficit Disorder Information and Support Service](#) - They provide information and resources about ADHD.
- [Challenging Behaviour Guide](#) - Tips and strategies for managing new or increased challenging behaviour.

Special Educational Needs & Disabilities (SEND)

- [SEND \(Local Offer\) – Herefordshire Council](#) Help, support, advice and information for children and young people with special educational needs and disabilities.
- Herefordshire and Worcestershire SEND Information, Advice and Support Services (SENDIASS)
☎ Monday to Friday, 8:30am–4:00pm
☎ 01432 260955 | ✉ sendiass@herefordshire.gov.uk

Learning disabilities

- [Mencap Advocacy Service](#) - 0808 808 1111 helpline@mencap.org.uk
Discover the differences between learning difficulties and a learning disability.
- [Learning Disability Matters](#) - Designed for parents and carers of children & young people who have been identified as having a learning disability or have concerns that their child or young person might have a learning disability.

Sleep

- [Cerebra – Sleep Advice Service](#) They offer a range of sleep services to help your child and everyone in your family to get a good night's sleep. ☎ 01267 244 200 | ✉ sleep@cerebra.org.uk
- [The Sleep Charity](#) Offering lots of information on children's sleep problems, bedtime routines, and bedroom environment and relaxation tips. ☎ 01302 751 416 | ✉ info@thesleepcharity.org.uk
- [Sleep Action](#) - A sleep charity providing sleep support, training and resources

Behavioural Support

- [Challenging Behaviour Foundation](#)
✉ support@theCBF.org.uk | ☎ 0300 666 0126
- [Young Minds – Challenging Behaviour](#)
- [Family Lives](#)
☎ Helpline: 0808 800 2222 | ✉ askus@familylives.org.uk

Social, Emotional & Mental Health Wellbeing

- [Onside](#) Melo project takes an innovative and flexible approach to improving the emotional wellbeing and mental health of children and young people aged 0-25 years. It will provide a wide range of services designed to meet individual mental health needs.
☎ 01905 27525 | ✉ info@onside-advocacy.org.uk
- [Strong Young Minds](#)
☎ 01432 269245 | ✉ symproject@thecldtrust.org
- [Kooth – Online Support](#) Free online counselling
- [SEMH Inclusion – Herefordshire Council](#) Social, Emotional & Mental Health (SEMH) Inclusion Support
☎ 01432 383858 | ✉ schooleffectivenesssteam@herefordshire.gov.uk

Other links for mental health and wellbeing

- [Lumi Nova](#) Digital CBT intervention for ages 7-12
- [Herefordshire and Worcestershire school aged mental health support - CAMHS website](#)
- [NHS Herefordshire and Worcestershire Talking Therapies](#)
- [Reach4Wellbeing](#) self-referral for 5 – 18 years old
- [Barnardos](#)
- [Big White Wall](#) – online therapy for 16+ year olds
- [Mood Juice](#) – self-help resources
- [Young Minds](#) – self-help resources
- [Royal College Psychiatry](#) – anxiety info for parents/carers
- [Solihull Approach](#) – Understanding Your Child

Mental Health Crisis Support

- [Shout](#)
✉ info@giveusashout.org
☎ Text “Shout” to 85258 for free, confidential support
- [Childline](#)
☎ 0800 1111

- [Herefordshire & Worcestershire 24/7 Urgent Mental Health Helpline](#)

☎ 0808 196 9127 (Freephone, available 24/7, 365 days a year)

Dyspraxia (Developmental Co-ordination Disorder)

- [Developmental Coordination Disorder \(Dyspraxia\) in Children – NHS](#)

Enuresis and Toileting

- [ERIC – The Children's Bowel & Bladder Charity](#) ☎ Helpline: 0808 801 0343 (Mon–Thurs, 10am–2pm)
- Toilet Training' www.autism.org.uk/about/health/toilet-training

Sensory Issues

- Our Children's Occupational therapy department offers Sensory workshops and have other resources for parents in this area. Check <https://www.wyevalley.nhs.uk/services/community-services/childrens-occupational-therapy/occupational-therapy-sensory-workshopsensory-information-and-resources-for-parents-and-carers.aspx>
- Additional information can be found about sensory difficulties on the National Autistic Society website: <https://www.autism.org.uk/about/behaviour/sensory-world.aspx>

Early Help

- [CHAT Helpline – Herefordshire Early Help](#)
☎ 01432 260261 (Mon–Fri, 9am–4.45pm)

Healthy Living

[NHS Healthier Families](#)

Tips and support for keeping your family healthy and active.

Health Visiting

[Herefordshire Health Visiting Team \(0–5 years\)](#)

☎ Health Visitor Advice Line: 07870 682711

School Nursing Team

Herefordshire School Nursing Team (5–19 years and SEND up to 25 years)

☎ Single Point of Access Helpline: 07813 451034

Parenting Support

- [Solihull Parenting Programme – Free Online Course](#)

Use access code: APPLEHERE to sign up.

- Herefordshire Face-to-Face Parenting Courses

✉ parentinggroups@herefordshire.gov.uk

☎ 01432 26026

Recommended Books for Children and Parents

Book Title	Author	Recommended For / Difficulties Addressed
Hello Happy! Mindful Kids: An activity book for children who sometimes feel sad or angry	Kate Abey	Emotional regulation for children
Sleep Tight! Mindful Kids	Dr. Sharie Coombes	Calming bedtime routines
Why We Sleep	Matthew Walker	Importance of sleep; suitable for parents and older teens
Autism and Solution Focussed Practice	Els Mattelin & Hannelore Volckaert	Supporting autistic individuals using solution-focused approaches
Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teens	Cathy Wassell	Parents of newly diagnosed autistic teens and pre-teens
The Explosive Child	Ross W. Greene	Managing behavioural outbursts
Starving the Anxiety Gremlin (Ages 5–9)	Kate Collins-Donnelly	Anxiety in ages 5–9 (CBT-based)
What to Do When You Worry Too Much (Ages 6–12)	Dawn Huebner	Anxiety management (ages 6–12)
Helping Your Child with Fears and Worries	Cathy Cresswell	Evidence-based anxiety strategies

Don't Worry, Be Happy: A Child's Guide (Ages 7–11)	Poppy O'Neill	Anxiety and low mood (ages 7–11)
Be Confident, Be You: The Teenage Guide to Building Confidence	Becky Goddard-Hill & Collins Kids	Self-confidence for teens

PODCASTS

1. "What to Do When You Panic: A Kid's Guide"

- Dr. Lenka Glassman, via *Your Anxious Child* podcast [Listen on Apple Podcasts](#)

2. "Rise Little Earthling: The Podcast"

- Positive affirmations for young children [Listen on Spotify](#)

3. "Parenting the Anxious Child"

- Dr. Liesl Glover via Connecting for Kids .This resource is valuable for parents seeking to understand and support their anxious children.connectingforkids.org
- **Link:** [Listen on Connecting for Kids](#)

These podcasts offer valuable insights and tools for children experiencing anxiety and for parents aiming to support their children's mental health.

We hope you find this information helpful.

If you are aware of any additional useful resources, we welcome your suggestions to help keep this guide current and relevant.

Thank you.

