



Wondering what's on offer in the local area for you and your children?

Looking for something new to do?

A group to join?

Wanting some extra information or support?

There might be something inside just for you.....

sports & leisure activities, support groups, charities.

If you would like anymore information please speak to one of the family support team.



The Alan Shearer Centre is a specialist recreational, sensory and social provision, for people of all ages living with disabilities, catering to a wide spectrum of need. Facilities are completely free to use and include a hydrotherapy suite, sensory rooms and cave, a music room, seasonal activities and a café. Overhead tracking and hoists are fitted throughout, enabling full accessibility to all areas for those with limited mobility.

To find out how to become a member, or to arrange a tour of the Activity Centre, please ring **0191 267 8118**, or email reception@alanshearercentre.org.uk, and they will be delighted to help.

The centre is located in its own grounds on the outskirts of Newcastle.

The Alan Shearer Centre
West Denton Close
Newcastle upon Tyne
NE15 7LU

Follow the Alan Shearer Centre on Facebook or Instagram for all upcoming events. Booking is essential as places are limited.



Gateshead Parent Carer Forum

S U P P O R T I N G P A R E N T C A R E R S I N G A T E S H E A D

Gateshead Parent Carer Forum is an organised volunteer group of parents and carers of disabled children and young people who have a variety of special educational needs and disabilities living across the Gateshead borough.

Our aim is to support parents and carers of children and young people with SEND in our community, we do that by coming together in a relaxed atmosphere, having a drop in coffee morning, information sessions with invited speakers and training events.

We also aim to make sure that services within Gateshead meet the needs of disabled/SEN children and their families. We do this by gathering the views of local families and by working closely with our local authority, health, education and social care professionals, as well as other agencies to provide active parent participation on a strategic level to help influence and shape the development and delivery of the services our children, young people and families access. We will highlight where local services, processes and commissioners are working well, or challenge when changes or improvements need to be made.

Membership of the forum will ensure you are aware of consultations and events in our area and that your voice is heard in reviewing and developing service to meet the needs of our children and families.

gatesheadparentcarerforum.co.uk/joinus

Email info@gatesheadparentcarerforum.com

Telephone 07865354162

Facebook Gatesheadpcf



Smile through sport offers a wide range of sport and physical activity sessions and events for people of all ages and disabilities and their families. Free activities are held weekly and throughout school holidays.

See what's available on <https://smilethroughsport.com/whats-on/>

Or for more information email info@smilethroughsport.com

Telephone 01670457757/07749114807



GATEWAY WHEELERS IS A CHARITY ENABLING PEOPLE WITH DISABILITIES TO ENJOY CYCLING. THEY ARE BASED IN HOUGHTON AND CYCLE 3-4 DAYS A WEEK.

THE OLD RECTORY
THE BROADWAY
HOUGHTON-LE-SPRING
DH4 4BB
07584737449/07764495902



Go Gateshead are offering weekly SEND-specific swimming sessions at Dunston and Blaydon Leisure Centres:

Dunston Leisure Centre: Saturday 6pm – 7pm

Blaydon Leisure Centre: Sunday 8am – 9am

Heworth Leisure Centre: Sunday 3pm – 4pm

This session is intended to be a quieter session aimed at families who have children with special educational needs and disabilities (SEND). Although SEND swimmers are welcome at all swimming sessions, this dedicated session will give an opportunity for the whole family to swim in a friendly, non-judgemental environment.

Gateshead's swimming lessons are open to all, we also offer 1 – 1 swimming lessons for those who may need some additional support.

<https://gateshead-localoffer.org/send-swimming-sessions/>



NEWBURN ACTIVITY CENTRE

Newburn Activity Centre offers adapted bike hire (pre bookable), a sensory room (pre bookable) and drop in sports and activity sessions.

Find out more at www.newburnactivity.co.uk

**Newburn Activity Centre, Grange Road, Newcastle upon Tyne, United Kingdom,
01912640014**



Chase Park has a hydrotherapy pool, spa whirlpool and accessible changing areas with overhead tracking hoists throughout to assist where required.

Hydrotherapy is the use of water to promote health and healing and uses buoyancy, warmth and the effects of the water's turbulence (hydro-massage) to help reduce pain, stress and discomfort.

The pool is available to hire for group sessions or individual sessions. Please contact us at info@chasepark.co.uk or call 0191 691 2568 for further details.

Address – 8 Millfield Road, Whickham, Newcastle, NE16 4QA

Newcastle Trampoline Park And Gym

Newcastle trampoline and play park is a multi- zone trampoline facility with family fun sessions. You can bounce, jump and leap into a whole heap of fun!

The park offers SEN sessions all year round.

Location West Road, Newcastle, NE4 9GL

Telephone 0191 2600508

www.better.org.uk/leisure-centre/newcastle/trampoline-gym/activities



Airbox Bounce

Based in Cramlington, Airbox Bounce initially worked with Autism Northumberland to train it's staff.

Airbox Bounce is a trampoline and soft play centre which offers a SEN Session. Sessions are calmer, with low music, fewer numbers and without flashing lights, with one adult per child included in the price.

For details on sessions and where to book check out

Website airboxbounce.co.uk

Telephone - 01670 736 630

Address - 3 Atley Way, Nelson Industrial Estate, Cramlington, NE23 1WA



Play centre located in Washington offering role play, themed sessions and character visits. Sessions are bookable.

Search for It's A Small World Washington on Facebook.

Email - itsasmallworldwashington1@gmail.com

Address - 12 Donkin Road, Washington, NE37 1PF



Newcastle United Foundation provides professional disability football coaching for adults and children with a range of disabilities through an inclusive approach to sport. To help the foundation find the right session for you, please contact mark.daglish@nufc.co.uk or steven.oneill@nufc.co.uk

Address - Diana Street, Newcastle, NE4 6BQ

Telephone – 0191 8200848



Comets – A safe space for disabled children aged 5 – 11 to kickstart their football journey.

Comets is a recreational, pan-disability football programme for disabled boys and girls aged between 5 – 11 years. Pan-disability is the largest format of disability football, which sees players with a broad range of impairments and health conditions play together.

Comets offers a new, flexible and inclusive way of playing, on that is about playfulness, friendships and having fun. Sessions are £3 and run locally from Rutherford AFC, Gateshead, NE11 0HH. Other venues are available.

www.EnglandFootball.com/play/Disability-Football/Comets



Ouseburn Farm is a working charity community farm in Newcastle. Visitors have access to nature, can help grow food and help to care for the animals.

Ouseburn Farm is a care farm and has a placement programme for adults with learning difficulties and autism.

It is fully accessible for wheelchair users and there are adapted toilets in the visitors centre.

There is a shop and café on site.

The farm is open Tuesday – Sunday, 10am – 3pm.

Location is Ouseburn Road, Newcastle, NE1 2PA.

<https://www.ouseburnfarm.org.uk>

BALTIC

The Baltic's sensory room is a quiet space to play and explore, with sensory toys, projections and lights.

It's equipped with matting and a sofa to relax on.

It's open Wednesday – Sunday, 10am – 6pm. It's free to drop in.

Located on Gateshead's Quayside, South Shore Road,

Gateshead, NE8 3BA



Clart About Sensory Café offers a safe, stimulating and relaxing environment designed to be inclusive for all children. It has state of the art technology and equipment.

The café's interactive floor projects images, games and educational activities ideal for those standing, crawling or in a wheelchair. There are bubble tubes, a music wall, fibre optics, disco floor tiles and more.

There is soft play, role play and a tactile play area to be explored.

The number of children using the facility is limited to 16 to ensure a calm, relaxing and inclusive environment for all.

www.clartabout.co.uk

Address - Unit 33f, Number one industrial estate, Consett DH8 6SZ

Telephone – 01207 501061



Dance Fusion Extreme provides dance classes in Tyne and Wear, and aim to focus on health and wellbeing of the body and create dance and activities within the local area. They offer classes for students with additional needs.

Check out Facebook for more information www.facebook.com/Dancefusionextreme/ or call 07900 911901



Based at Springwell Community Hub & Cedars School



www.dancecity.co.uk

Dance City located in Newcastle offer inclusive dance classes called HANG OUT AND DANCE!

What is it?

Come along to dance (on the floor, in the air and with lots of props and games) at these inclusive sessions of dance and movement with the chance to try the trapeze and the cocoons. This group is inclusive and has just 10 places so that we can welcome all abilities and needs. Pre booking recommended and Under 5s are welcome but a parent/guardian must be present.

If your child has any additional needs please inform the Dance City ticket office on 0191 261 0505 so that this information can be passed onto the teachers.

To discuss any particular needs please contact Lynn Campbell from Dance Connect at lynncam5@aol.com before you book.

Who is it for?

An inclusive class for children aged up to 10 years. Parents and carers are welcome to stay to support their child, but please note that this is a children's workshop.

Teacher Lynn Campbell is a Dance Movement Psychotherapist and worked as a teacher for children with SEND for over 20 years. She also teaches trapeze and movement play. This is all brought together in this playful dance session with lots of props and some aerial play.

Location

Dance City
Temple Street
Newcastle Upon Tyne
NE1 4BR
0191 261 0505



True Colours Theatre is an inclusive theatre company and school.

It's a place to be silly, make friends, sing, dance, act, and let your true colours shine through.

Classes are inclusive of age, abilities and interests and you can book a taster session.

True Colours Theatre is located on Shafto Street, Newcastle, NE28 7AL

Telephone 07490494316

Email mail@truecolourstheatre.co.uk

Website www.truecolourstheatre.co.uk

NE28 7AL



Seven Stories open their doors an hour early, 9am -10am, on the first Sunday of every month to enable families with children with an autism spectrum condition to enjoy a visit. A relaxed story time and a quieter space to share stories and experiment with a range of tactile props and sounds can be accessed.

Families are invited to call prior to their visit to discuss their needs.

Location - 30 Lime Street, Ouseburn, Newcastle, NE1 2PQ

Telephone – 0300 330 1095

Website sevenstories.org.uk



Science Centre

Life is the first visitor attraction to receive a Gold Standard from the North East Autism Society and in partnership with it introduced autism-friendly and sensory-friendly Sunday sessions. There's a sensory map, suggested quiet times around 2pm for a visit and plenty dimly lit areas of the Science Centre.

Ear defenders and sensory packs also will be available. Ear defenders are available to hire - for a £10 refundable deposit - and defenders are also in sensory bags, along with sunglasses and a range of fidgets, which can be hired from reception for a £20 refundable deposit from reception.

There is lots to see and do at Life including the Space Zone - opened by Helen Sharman, the first British person in space - and new Wow Zone. Visitors can prepare in advance for their visit by accessing their visual story.

Location – Times Square, Newcastle, NE1 4EP

Telephone – 0191 243 8210

Website www.life.org.uk



The Discovery Museum is dedicated to support all its learners and provides inclusive learning experiences. Entry is free, however, they hold relaxed themed sessions for SEND visitors and their families. Sessions are bookable on the website.

The museum is fully accessible and wheelchairs are available for visitor use. Please ask a member of staff at the Welcome Desk who will be able to assist.

There is a café onsite.

www.discoverymuseum.org.uk

**Discovery Museum
Blandford Square Newcastle upon Tyne
NE1 4JA**



The Great North Museum: Hancock is a free accessible museum in Newcastle.

They house interactive, multisensory and immersive exhibitions.

The museum also a planetarium which is bookable at a cost.

The museum also holds relaxed sessions for autistic visitors, visitors with learning disabilities or sensory and communication disorders along with their families and carers during the school holidays. These are advertised on the what's on page as they become available.

Address - Barras Bridge, Newcastle, NE2 4PT

Website - www.greatnorthmuseum.org.uk

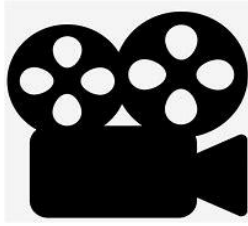


The Ark is a church, a soft play centre, sensory room, community garden and a café in the village of Crawcrook. It's open Tuesday – Friday 9am – 3pm.

The Ark provides SNAP Play sessions (Special Needs Accessible Play) for families to enjoy.

Location – The Ark, Main Road, Crawcrook, Ryton.

Telephone – 0191 4131339



National autism friendly cinema screenings are offered at local cinemas.

A typical cinema environment can be stressful for guests with autism, sensory difficulties or learning difficulties so specially adapted screenings are available where adjustments have been made to provide guests with a comfortable cinema experience. This link will take you to a site which will show what's on and where.

<https://dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/>



The Newcastle theatre, like others in the region, hosts relaxed performances of many of its show, allowing for noise and movement in the auditorium, re-entry if needed and a chill-out space for those needed some time out. As well as customers with autism, these can suit those with learning disabilities, dementia, anxiety or other condition which makes it hard to sit or concentrate for long periods of time.

Lighting and special effects are altered, with the likes of strobes and flashing lights removed and very loud noises might be taken out but the content of the show remains the same.

For information on relaxed performances visit www.theatreroyal.co.uk/plan-your-visit/access-information_access-performances/

Address - 100 Grey Street, Newcastle, NE1 6BR
Website www.theatreroyal.co.uk



Northern Stage is a theatre in the north of Newcastle. The theatre welcomes audiences with learning disabilities, sensory or communication differences. They offer relaxed performances and there are opportunities to familiarise yourself with the building before performances by arranging a tour with the operations team.

There is a loop induction system and it is accessible for wheelchair users.

For what's on and further information check out the website
northernstage.co.uk

Address - Barras Bridge, Newcastle, NE1 7RH

Website northernstage.co.uk

Other theatres in the region also offer similar experirnces.



The Max Card is the UK's leading discount card for families of SEND and looked after children. Families can use their Max Card at venues across the UK to get free or discounted admission.

Helping families save money on great days out at castles, zoos, bowling alleys, trampoline parks and many more.

To apply for a Max Card and find a great range of venues visit this link
<https://mymaxcard.co.uk>

Wear Mencap Multi - Sensory Room

Wear Mencap's multi-sensory room is a fantastic facility based at Great Lumley Methodist Church.

It is filled with equipment to stimulate sensory development and learning and is specifically designed for young children and people with various disabilities.

Some of our favourite facilities in the room are:

- Interactive Bubble Tube
- Laser Stars Projector
- Mirror Ball
- Solar Wheel Projector
- LED Lights with Play Cube
- Aromatherapy Vaporiser
- Sound Responsive Beanbags
- Soft Toys

The sensory room is available for use throughout the week during the day up until 5pm. It is also available on Monday, Thursday and Friday evenings and weekends by request.

There is a cost involved in booking the room, however prices are negotiable depending on individual circumstances.

Location - Great Lumley Methodist Church, Front Street, Great Lumley, Chester le Street, County Durham, DH3 4JB

Email amy@wearmencap.org.uk

Telephone 0191 388 3401



Brighten the Day is Gateshead Council's Holiday Activities and Food (HAF) Programme.

The programme provides food and fun things to do for children who usually get a free school meal. It usually takes place during the Easter and Summer holidays and occasionally during other school holidays.

As well as getting a meal, Brighten the Day is a great way for children to have fun and make new friends. This programme takes place in venues across Gateshead.

To find out more visit www.gateshead.gov.uk/article/23978/What-is-Brighten-the-Day



Gateshead's Family Hubs provide a welcoming space for families and the wider community. They help children to get the best start in life and can support families and children who have special educational needs and disabilities up to the age of 25.

They offer a range of centre groups, activities and services across six Family Hubs (Birtley, Blaydon, Deckham, Chowdene, Felling, Teams). More support is available in other community locations across the borough.

For more information visit :-

 Gateshead Family Hubs

Website – www.gateshead.gov.uk/familyhubs



Learning Disabilities Matters is for parents and carers of children and young people who have been identified as having a learning disability, or who have concerns that their child or young person might have a learning disability. They offer advice and support on a wide range of subjects, such as emotions, eating, common illness, sleep and more.

For more information go to learningdisabilitymatters.co.uk



Pass it on Parents of children with disability. They help families with a disabled child to find and create mutual support. This is done through social media and by meeting up. They help families find all the information that they need in order to have the best possible family life as full members of their community. Pass it on Parents believe that parent to parent support is really important. They organise a range of coffee mornings, catch ups, informal meetings where parents can drop in and offer or seek advice from other parents.

Follow on social media for more information – Facebook & Instagram

Or search learningdisabilitymatters.co.uk/getting-help/support-services/pass-it-on-parents/



Libraries are autism friendly and library staff are on hand to help you.

Each library building may look different but they all have staff who are happy to help, computers for you to use and shelves full of books.

Libraries are generally quiet places where people talk quietly, relax and read books. Sometimes there are events and they can be quite lively, especially during school visits and story times for children.

The Sound Gallery at the Central Library plays music through the day. If you want to find out about the best time to visit, please contact your local library and they can advise you.



The Toby Henderson Trust (TTHT) is a charity supporting autistic children, young people and adults, their families and carers in the North East of England.

They provide relevant, appropriate and accessible support for autistic young people from two years into adulthood, whilst also empowering parents, families and carers by sharing knowledge, experience and understanding.

Services on offer include:- Specialised Autism Family Support; Webinars, Events and Training; M.A.T.E.S Autism Social Groups; Toby's Magical Garden, a music room, a sensory room and more...

The Toby Henderson Trust
Toby House
Earth Balance
Bedlington
NE22 7AD
03003653055
support@ttht.co.uk

The Toby Henderson Trust
10 Gordon Street
South Shields
Tyne & Wear
NE33 4JP
01918160550
autismhub@ttht.co.uk



Daisy Chain is a charity that addresses the needs of children on the autism spectrum and their families. The charity provides a range of services, including support and activity groups for the whole family from the 5.5 acre farm in Norton, Stockton-on-Tees.

Have a look at their website to see what is on offer www.daisychainproject.co.uk



Daisy Chain also provides Gateshead's Autism Hubs which offer parents and carers of autistic children and young people (0-25 years) information, advice and support on a range of challenges that can impact autistic young people and their families.

The Hubs provide drop-in sessions, peer support groups, and training for parents, carers, and professionals.

The Hubs can also offer information and signposting on related co-occurring conditions, such as: FASD, ADHD, Sensory Differences, Social and Communication Differences, Mental Health, and Learning Disabilities. Gateshead Autism Hubs are free to access for parents and carers.

The Hubs are in five locations across Gateshead

- Deckham Family Hub (The Elgin Centre)
- Birtley Harras Bank Family Hub
- Chopwell Sure Start Childrens Centre (held in the library building adjoined to Chopwell Primary School)
- Chowdene Family Hub
- Leam Lane

For more information visit www.daisychainproject.co.uk/gateshead-autism-hubs/



The Tim Lamb Centre offers specialist activity and leisure facilities for disabled children/ young people and their families.

The facilities include a soft play area with adjoining cafe, a well equipped sensory room, large multi-purpose hall with indoor trampolines, a toddler playroom, teenage/ games room and a computer suite. There is also a large fully enclosed outdoor playground, (with high fencing) which includes a range of inclusive play and sensory equipment.

The building is fully wheelchair accessible and has a disabled toilet that includes a full size changing bed and ceiling hoist facility.

To use the facilities at the Tim Lamb Centre you will need to join as a Pathways 4 All member first.

Tim Lamb Centre,
Rising Sun Country Park,
Whitley Road. Benton.
Tyne & Wear. NE12 9SS.

info@pathways4all.co.uk

Telephone 0191 2665233

Pathways 4 All also offers:-

Sibling Support Groups

Weekly Parent Carer Coffee Mornings

Holiday Scheme (which is very popular and runs in the Easter and Summer holidays and is open to children and young people aged between 5 – 17 years, children have to be a Pathway 4 All member and have to be pre-registered for the scheme).

<https://pathways4all.co.uk>



Cerebra is a charity who offers a range of free services that enrich the lives of children with brain conditions and supports their families and carers.

Services

*Sleep Advice Service

*Parent Guides

*The Cerebra Innovation Centre

*Toy & Book Library

*Legal Rights Service

Find out more at www.cerebra.org.uk



Contact is a charity set up by and supporting families of children with disabilities.

Contact offers independent information and guidance to families.

They have a free helpline offering independent advice to thousands of parents every year on a wide range of disability-related issues.

They help families by providing workshops and events.

Website <https://contact.org.uk>



Helpline is for parents and carers in any part of the UK with a disabled child aged from birth to 25.

Freephone 0808 808 3555 (Monday-Friday, 9.30am-5pm)



Ambitious about Autism

Ambitious about Autism is a national charity for autistic children and young people.

This link above will give you access to

- understanding autism
- an online toolkit for parents
- information on behaviour
- an online community
- information on education
- preparing for adulthood
- health and wellbeing

www.ambitiousaboutautism.org.uk



The National Autistic Society is a charity who is aiming to create a society that works for autistic people. They work towards this through holding public events and campaigns to promote autism awareness and acceptance. They provide advice and guidance on many areas including diagnosis, communication, mental health, education and health, such as going to the dentist.

The National Autistic Society has an online community where help and support can be accessed.

www.autism.org.uk



Gateshead Local Offer SEND 0 to 25

Support for children and young people with SEND.

The Gateshead Local Offer brings together information for children and young people aged 0-25 years with special educational needs and disabilities and their families.

This includes information about services and support, and advice and guidance on education, health and transport, events, SEND leisure and social activities, young peoples hubs, useful websites and more.

For more information search gateshead-localoffer.org

Email senteam@gateshead.gov.uk

Telephone 0191 4333626

And keep up to date with information on the Gateshead Local Offer Facebook page.

The Gateshead Network of Children with Disabilities

The Gateshead Network of Children with Disabilities is an information service for families with disabled children. Members receive free leisure cards and Max cards, which can be used at lots of leisure attractions in the Gateshead area.

If you would like to become a member you can register online or contact us by email or phone.

Once they receive your completed membership form they will securely and confidentially record your contact details so they can keep you informed about events and services which may interest you and your family.

disabledchildrenteam@gateshead.gov.uk

Telephone 0191 433 3843.

www.gateshead.gov.uk/article/4009/Gateshead-network-of-children-with-disabilities

Apply for free school meals

You shouldn't have to worry about your child getting the nourishment they need to grow strong and healthy. Did you know:

- you can claim free school meals if you receive Child Benefit and any of the benefits mentioned below
- your child's school will also get extra funding if you apply
- it could save you around £500 a year
- the menu is varied to cater for all tastes and uses quality ingredients from local suppliers ([Primary school meals](#); [Secondary school meals](#))
- meals can be provided either at your child's school, in takeaway format or by voucher - please check with the school
- it's quick and easy to apply - you can even do this over the phone
- you don't need to provide any evidence
- no one will know your child is getting free school meals on the basis of your income

Telephone 0191 433 3729 or for more information visit

<http://www.gateshead.gov.uk/article/7433/Free-school-meals>



Concessionary Travel Pass

Disabled children aged five to 16 who live in Tyne and Wear should apply for an [All Day Concessionary Travel Pass](#) and an [Under 16 Pop card](#). If you travel by Metro, you should also apply for a [Metro Gold Card](#).

- If you are travelling on bus – use your [All Day Concessionary Travel Pass](#) to travel free of charge all day every day.
- If you are travelling by Metro, the Shields Ferry, or on the Newcastle to Sunderland Northern Rail service – use your [Metro Gold Card](#) to travel free of charge all day every day.
- If you are travelling on Northern Rail services between Newcastle and Metrocentre/Blaydon – use your [Under 16 Pop card](#) to travel at concessionary child fares.

For more information and to apply visit

<https://www.nexus.org.uk/ticket-information/concessions/disabled-children>



Companion Card

What is a Companion Card?

A Companion Card lets you take someone with you free of charge when you travel on buses in Tyne and Wear, County Durham, Northumberland and Darlington. It's available to residents of Tyne and Wear who receive certain allowances and need a companion to make all, or some, journeys.

So if you need to take a companion with you in order to be able to use buses, and they normally have to buy a ticket, they no longer need to – as long as they are travelling with you, and you have your Companion Card with you. If you have a Metro Gold Card, your Companion Card will be valid on Metro too.

You will automatically qualify for the scheme if you receive either of the following:

- higher rate care component of the Disability Living Allowance
- higher rate mobility component of the Disability Living Allowance

How to apply

You'll need to complete a Companion Card application form. Request one by calling 0191 2020747, emailing customerrelations@nexus.org.uk or writing to:

Companion Card Applications, Nexus, Nexus House, St James' Boulevard, Newcastle upon Tyne, NE1 4AX.



Turn2us is a national charity that provides practical information and support to people facing income shocks and financial insecurity.

You can find information regarding :-

>Benefits Calculator

>Grants Search

>Information about benefits, including benefit entitlement

>Turn2us Grants Programmes

>Information for your situation, you might be able to extra help if you are in financial difficulties.

>Find a local advisor, find advice centres near you.

www.turn2us.org.uk



feedingfamilies.org.uk

Feeding Families is a charity based in North East England that offers support, hope and security to those experiencing food poverty. Working closely with other organisations and agencies, we ensure that thousands of families in desperate need have access to our Emergency Food Boxes and support packages. At Feeding Families, we don't think anyone should go hungry. We believe everyone has the right to be able to feed themselves and their children. Feeding Families offers more than just food, it shows compassion to those in crisis.

Feeding Families works alongside GPs, mental health nurses, schools, family support workers, and Social Services across the 12 local authorities in the North-East region to identify and support those in need.

You will find useful links including Emergency Food Support, Food Banks, Citizens Advice, CAP – Debt Counselling, Children's Mental Health, Mental Health, and Addictions, on

<https://feedingfamilies.org.uk/get-help/>



Family Fund is the UK's largest grant-making charity for families raising a disabled or seriously ill child, on a low income.

Family Fund believes that families raising disabled or seriously ill children and young people should have the same choices, quality of life, opportunities and aspirations as wider families. We try to make this happen every day by:

- Giving grants to families on a low income for items they may not otherwise be able to afford. For example family breaks, digital equipment, white goods, clothing, bedding, furniture and play equipment.
- Offering services to help parents and carers to achieve the outcomes they want for their child and family. This includes where to go for support with money, benefits and budget planning, information on mental health and wellbeing. And practical workshops to help people get online and use digital tools.
- Providing ways for families to share their experiences, so they can influence lasting change on issues that matter to them.

www.familyfund.org.uk



The Chronicle Sunshine Fund is a local northeast charity that provides specialist and adapted equipment to children aged 0-19 living with disabilities, additional needs, chronic and terminal illness. The types of equipment we can fund are not available through statutory services like the Local Authority or NHS; yet they are vital to the daily life of our Sunshine kids. These specific pieces of equipment enrich quality of life for not only the children, but their wider families and communities. For more information visit

<https://www.thesunshinefund.org>



Eric is the national charity dedicated to improving children's bowel and bladder health. Their mission is to reduce the impact of continence problems on children and their families.

Children with additional needs

Eric can help with information and resources to help with potty training, toileting and children's bowel and bladder conditions with children with additional needs. In areas such as

Potty training your child

Constipation in children with additional needs

Help with toileting

Toilet anxiety

Toileting support for autistic children

Constipation and autism

Interoception & toileting

More help for families

For more information visit

<https://eric.org.uk/children-with-additional-needs/>

Or call

☎ Freephone helpline is open Mon – Thurs, 10am – 2pm, 0808 801 0343



South Tyneside and Sunderland

NHS Foundation Trust

Dental Services

The Community Dental Service in South Tyneside, Sunderland and Gateshead provides a full range of dental treatment for patients of all ages whose complex needs mean they have difficulty in accessing general dental services.

They aim to provide high quality dental care locally for patients with a wide range of individual needs.

The service will accept appropriate referrals from a health or social care professional. Please contact school for more information.



Useful Tips For Visiting The Dentist

The National Autistic Society has some guidance and strategies to help with dentist visits.

If you've ever taken your child to the dentist, you'll know that it can be a stressful experience – not just for your child but for you too. This guide looks at the reasons why it can be stressful and this guide might give you some tips to make it a better experience, for example, using social stories, books, comforters/distractors.

www.autism.org.uk/advice-and-guidance/topics/physical-health/going-to-the-dentist/parents



Washington Riding Centre operates from a purpose built, British Horse Society Approved Riding Centre, seven days per week, all year round.

The riding centre provides riding lessons for children and adults with a range of disabilities and special educational needs, and aims to provide a service that caters for all riders, providing a personable, safe, equal and inclusive manner.

Washington Riding Centre provides inclusivity in all activities, whether it be through horse riding or learning about stable management.

Stephenson Road, Washington, NE37 3HR

Telephone 0191 4162745

Website washingtonridingcentre.co.uk

Parks & Open Spaces



Gateshead and its surrounding areas have an abundance of parks and open spaces to explore.

Visit this link to explore where your local parks are and what's on offer

www.gateshead.gov.uk/article/1831/Parks

<https://my.northtyneside.gov.uk/category/142/parks-play-and-outdoor-spaces>

<https://southtyneside.gov.uk/article/11228/Park>



Action for Children is a charity which aims to protect and support vulnerable children and young people by providing practical and emotional care and support.

Action for Children can help with parenting support and offers local services.

For more information search www.actionforchildren.org.uk



If you have a child with additional needs and sleep issues, bedtime can be tricky. Whether they struggle to communicate how they're feeling, have increased anxiety, sensory issues, sleeping may well be difficult.

The Sleep Charity offer advice and information.

For more information search
thesleepcharity.org.uk/information-support/children/children-with-send/

SCOPE

= Equality for disabled people

Scope is a charity that provides information, support and campaigns for disabled people and their families.

They can provide advice and support in a range of areas but also offer emotional support via a free helpline.

Telephone 0808 800 3333
Website www.scope.org.uk



Newcastle United have announced a new autism friendly stadium tour of the club's magnificent St. James' Park home.

The monthly tours, which have been developed with input from the North East Autism Society, will last about an hour, with the home and away dressing rooms, players' entrance, and pitch side among the areas covered.

For over 16's, prices are £12. For under 15's prices are £5.50, and one carer can go for free.

Bookings for individuals can be made online.

Questionnaires will be sent out to the parent/carers that makes the booking so that the club can understand the needs of each visitor.

Photos are available for all areas of the tour and also a video, which are offered to everyone who books so visitors know exactly what to expect in every area.

Please contact Stadium tours if you need to discuss any further special requirements. Email stadium.tours@nufc.co.uk
For more information and availability search

book.newcastleunited.com/en-GB/categories/Autism%20Friendly%20Tour



Sunderland AFC was the first Premier League club to open a sensory room for autistic fans and others with similar sensory difficulties. The Nathan Shippey Sensory Room is named after the young supporter who inspired it.

The room that has been developed means that autistic fans who want to watch a match live but cannot cope with the usual crowd noise can now watch the action from inside a calm sensory room geared up for their needs.

The room has space for three fans at a time, plus a parent or carer for each.

For more information contact the disability liaison officer on 0191 5515122 or email chris.waters@safc.com



usefulvision

Useful Vision is a registered charity providing opportunities, support, and accessible events for visually impaired children and their families across the North East.

They offer a range of imaginative activities, relaxed family events and skills workshops which are designed to meet the needs of visually impaired children of all ages and abilities.

You must be registered with Useful Vision to attend their events.

Check out www.usefulvision.org.uk for further information.



Northern Hope
Gymnastics

Northern Hope is a community based volunteer run charity which provides gymnastics training for all ages and ability levels in a fun and safe environment.

Gymnastics provides social interaction, listening, following directions and developing self-confidence and self-esteem. It can also help with physical aspects including balance, coordination, body awareness, limb control and more.

Location – Northern Hope Centre, Unit 78, Birtley Business Centre, Station Road, Birtley, DH3 1QT

Telephone 0191 4107987 to enquire about classes and availability.

Website www.northernhope.co.uk



Sensory Spaces is a travelling multi-sensory resource for children with disabilities, their family and friends.

Sensory Spaces was set up to address the needs of all children at festivals and family events across the region. The aim is to provide a safe, relaxing space where children can listen to music and stories, explore their creativity, dress up, play and have fun. Sensory Spaces offer:

- Aromatherapy massage,
- Arts and crafts
- Books and storytelling
- Dance
- Dressing up
- Face-painting
- Multi-sensory objects and toys
- Music
- Puppets
- Themed Activities

Follow Sensory Spaces on Facebook for details



Smell The Roses

Smell The Roses ReTreat days are child free, women only spaces for Mums and carers of children of any age with any form of additional need.

The ReTreat days provide a few hours away from your daily routine, providing an opportunity to rest and recuperate and join in with workshops and activities. It's an opportunity to get back some 'me time'.

Meals and refreshments are provided throughout the day.

There is a minimum charge of £20 per day.

Smell The Roses ReTreat is based in Whitley Bay.

Smell The Roses ReTreat understands that there are many Dads and male carers out there and this is something Smell The Roses ReTreat are looking at. They are inviting men to register their interest.

Telephone 07305 484234

Email Pauline.grant@str.samanthastones.co.uk

Website <https://str.samanthastones.co.uk>



Disable The Label are on a mission to empower, support and inform parents of disabled children as they navigate the stages of their child's life.

You can download the free app on your phone. Their podcast provides a place to tell stories, learn from others and give more in-depth information on the various topics, organisations and issues that parents might face.

For further information search disablethelabel.co.uk



The Newcastle Rugby Foundation has recently kicked off a learning and disability rugby programme, aimed at empowering individuals with learning disabilities.

The learning and disability programme promises an inclusive space for individuals with additional needs across the North East. From physical exercises to team building and skill-building sessions, participants will enjoy a diverse range of activities. Plus, they will have the chance to showcase their talents in national competitions, pitting their skills against other teams nationwide.

This programme is open to all abilities regardless of experience.

For more information about this new initiative and how to get involved, please contact Stephen Parsons on Stephen.parsons@newcastle-falcons.co.uk



Inclusive & SEND programmes

SportWorks has extensive expertise in providing sport and exercise services for children and adults with disabilities and additional needs. They have been working with national charities, parent forums and social services to design and deliver high quality, inclusive programmes to enrich the lives of individuals and families. Irrespective of age, ability or education level, their multi sport and wellbeing projects provide opportunities for individuals to improve fitness, gain new friends and enhance independence. For more information contact

Telephone: [0191 5800 120](tel:01915800120)

Email: info@sportworksltd.co.uk

Website: sportworksltd.co.uk



Heel & Toe supports children and young people with profound and neurological disabilities from the North East to live active, fulfilling, independent lives by the provision of free and subsidised therapy.

They offer a range of services, led by highly qualified therapists, to children and young people, from 3 months to 19 years. Therapy sessions can be one-to-one or group depending on the child's needs. They liaise with all external organisations involved with a child's care, to develop and enhance their service.

Heel & Toe's vision is to support children with disabilities to live full, productive lives where possibilities and opportunities are not constrained by their disabilities. They focus on supporting achievement and building on a child's success. And aim to improve children and young people's quality of life, and that of their families, by supporting them to make real improvements to their physical and emotional health. This in turn improves their level of confidence and self-esteem, motivation and fun. Heel & Toe want children, young people and their families to have the chance to look forward to a more independent and fulfilling future.

Services available include Hydrotherapy, Hippotherapy, Massage Therapy, Occupational Therapy and more.

Heel & Toe have lot's of family fun days and events throughout the year.

For more information check out their website heelandtoe.org.uk



**Changing childhoods.
Changing lives.**

Barnardo's is a charity whose vision is to make sure children and young people feel safer, happier, healthier and more hopeful, by running over 800 specialist services across the UK, and campaign to change the way the system works for the better.

Barnardo's offers a range of services to support SEND children and their families.

You can enter your postcode to find out what services are available in your area. Visit www.barnardos.org.uk for more information.

NSPCC

Online safety for families and children with SEND

The NSPCC have partnered with Ambitious about Autism to bring online safety tips, advice and activities specifically for parents and carers of children with SEND.

For more information visit

www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/



Smile For Life is a charity working in the North East of England. Their vision is to put a smile on the face of every disabled and disadvantaged youngster. They aim to empower these children and young people to achieve their potential to live a full and happy life.

Smile for Life enhances the life experience of disabled and disadvantaged youngsters, giving them the opportunity to smile.

Individual Support - They support young people in various ways, provide equipment which makes day to day living easier, experiences that enable them to make memories and challenge themselves in new and exciting ways.

Tuesday Club - Smile For Life runs a regular Tuesday Club, which is an accessible place for young people with a range of disabilities to come and keep active, make friends and have fun. The two-hour sessions include a range of accessible sports and games, as well as a quiet area for more relaxed activities. A healthy tea is also provided at the session. **Suitable for ages 11+.**

Challenge Days & Trips - Smile For Life recognises the issues that many youngsters face during long school holidays, often becoming socially isolated and regressing in their physical and emotional development. Smile For Life has a Challenge Day programme and provides group activities throughout the year. They also host a residential weekend which provides the opportunity for many youngsters to travel away from home and enjoy new physical activities and improving general wellbeing and self-esteem.

Location – The Old Fire Station, 234-236 High Street Gosforth, Newcastle.

Telephone – 0191 2844166

Website smileforlife.org.uk



Visitor Information

To create an authentic feel, there are a variety of ground surfaces at the museum, some of which are uneven by nature. There are steep slopes in places, and some buildings and exhibits have stepped access.

Carer Information

If a disabled visitor requires another person, as their companion or carer to enable them to access the museum, then this person is admitted free of charge. If a parent is visiting the museum with a disabled child under 5 then the parent and child under 5 do not have to pay admission. If there are several adults accompanying the disabled child under 5, then only one adult can be admitted for free. All other adults and children need to pay full admission or show their annual pass.

Beamish has sensory bags available to hire if required, accessible toilets, changing places and quiet spaces.

Present a Max Card and get 25% off (not available for online or family passes).

Location - Beamish Museum
Beamish
County Durham
DH9 0RG

Website www.beamish.org.uk



Along with other services, North East Autism Society offer a family development service which provides support for autistic people and their families across the north east. Their mission is to provide the right support, at the right time and in the right way to ensure the best outcomes.

Made possible from a wealth of experience they have created a Family Resources section on their website which gives information on diet, puberty, being out and about and more.

They also have a family networking group on Facebook, with an element of peer-to-peer support.

Website www.ne-as.org.uk

InflataNation Inflatable Theme Park - SEN Friendly Session



Fun for everyone

These sessions are designed specifically for those people on the autistic spectrum & their families to enjoy!

It has long been recognised that physical activity is beneficial to those on the autistic spectrum with the National Autistic Society stating the following on their website;

"It is useful to encourage physical activities that are enjoyable without the need for imagination and understanding or use of language. Physical exercise is reported to diminish inappropriate behaviour and such activities are also helpful for improving problems of motor co-ordination..."

We wanted to offer something different for, not only for those with autism generally but specifically for those with autism to take part in an activity that their whole family can enjoy alongside them. These sessions also provide an opportunity for families to meet other families facing similar paths in a fun and safe environment.

What makes the session different?

- The number of participants is halved
- The music is turned down
- A parent/carer can enter the arena FREE of charge with every participant
- There is complimentary juice and biscuits for all participants following the session

To book for your next SEN Friendly session simply click the 'Class' tab in our availability checker and select the date you would like to attend.

Make sure to grab a loyalty card for free sessions and other rewards too!

Website www.inflatanation.com

Location – Royal Quays. North Shields

If you are a parent/carer and would like to participate free of charge, please call 0161 710 2360 to make your booking.



Caudwell Children is a national charity who offers a range of services for children and families which are designed to remove some of the barriers that children face, enabling them to reach their full potential. From birth into early adulthood, they provide practical and emotional support for thousands of disabled and autistic children every year.

Services include :-

- Practical and accessible workshops, from meeting sensory needs, to supporting positive behaviour and more.
- Specialist mobility equipment or sensory equipment which can help families overcome practical and physical challenges but also offer invaluable independence, confidence and improved self-esteem.
- Family support where the team can offer vital support to families caring for a child or young person with a disability. They can provide support via telephone and email to help you make informed choices and gain access to equipment, treatment, therapy, and local services that you might need.

Website www.caudwellchildren.com



Get help > Asylum services

Asylum services

Have you claimed or are you intending to claim asylum in the UK?

Migrant Help provides independent advice and guidance to assist asylum seekers in the UK move through and understand the asylum process.

We run a free asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK. Just call **0808 8010 503**.

Our teams are based across the country and also offer face to face advice to asylum seekers in the initial accommodation sites, as well as outreach services to vulnerable clients.

We can advise you in your language on issues such as:

- How to claim asylum
- Navigating the asylum process
- Applying for asylum support including accommodation
- Notifying the Home Office if your circumstances change
- Finding legal representation
- Accessing healthcare
- Support during the post-decision period - read about the support available after positive decision [here](#), and negative decision [here](#)
- Other asylum and post-asylum claim related matters

We can signpost you to other helpful services in your area by telephone or in person, just talk to your adviser for more information.

Please note that we are able to give advice on rights and entitlements but we are not able to provide legal advice or legal representation. If we cannot help, we will provide you with a list of qualified legal representatives.

women's aid

until women & children are safe

www.womensaid.org.uk

Women's Aid is the national charity working to end domestic abuse against women and children.

Women's Aid has been at the forefront of shaping and coordinating responses to domestic violence and abuse. They empower survivors by keeping their voices at the heart of the work that they do, working with and for the women and children by listening and responding to their needs.

Women's Aid can provide information and practical support, with simple guidance on every aspect of seeking support.

Some helpful tools are The Survivor's Handbook, live chat and email, along with drop down menus which may cover any questions you may have.



Newcastle Women's Aid is run by women for women. They provide free, specialist advice and support for women and girls in the North East who are affected by domestic abuse.

For more information:-

- Website www.newcastlewomensaid.org.uk
- Telephone: 0191 261 0504
- Freephone: 0800 923 2622



Tyneside Women's Health provide a wide range of services for women and girls in the local area.

Call [01914777898](tel:01914777898) or visit the website www.tynesidewomenshealth.org.uk to self-refer into the service, where you can complete a referral form and a worker will invite you to a welcome session and so you can decide whether the service will meet your needs.

There are open access services which include Drop In Sessions, Creative and Therapeutic Activities, Make Do and Share, Physical Activity and more.

Tyneside Women's Health also provide services including Mental Health Courses & Workshops, Counselling, Support Groups, Routes to Recovery, Useful Links & Resources.

Tyneside Women's Health operate from centres, one in Gateshead and one in Newcastle.

- Gateshead & Head Office, Unit 12, Interchange Centre, West Street, Gateshead, NE8 1BH.
- Newcastle Office, Corner of Claypath Street/Wilfred Street, Byker, Newcastle, NE6 1JQ.



Andy's Man Club are a men's suicide prevention charity offering free to attend, peer to peer support groups across the UK. They are working hard to end the stigma surrounding men's mental health and help men through the power of conversation #ITSOKTOTALK

Held at The Elgin Centre (Elgin Road, Gateshead, NE9 5PA) the group meets every Monday at 7pm, except bank holidays. In these groups men can open up about the storms affecting their lives in a safe, judgement free environment. There is no obligation to speak, you can simply listen if you wish.

The aim of the club is to provide men with a safe space where they feel comfortable to talk and open up about their experiences.

Visit andysmanclub.co.uk for more information.



ManKind – helping men escape domestic abuse.

ManKind focusses on supporting male victims of domestic abuse, offering both listening and practical support, as well as providing information.

For more information visit mankind.org.uk

Confidential helpline open Monday – Friday 10am- 4pm. Freephone
0800 800 1170



The UK Safer Internet Centre shares tips, advice, guides and resources to help keep your child safe online.

As a parent or carer you play a key role in helping your child stay safe online.

There is advice and resources to support you as you support your child to use the internet safely, responsibly and positively.

www.saferinternet.org.uk/guide-and-resource/parents-and-carers



Newlife - The Charity For Disabled Children provides life-changing and life-saving specialist equipment when and where it's needed.

Some of the services they offer are:-

Child and Family Support

The child & family support team are the gateway for families to receive information and equipment provision.

Equipment Grant Services

Newlife can provide families directly with essential and life changing equipment, such as beds, buggies, wheelchairs and more.

Emergency Equipment Loans

Offering free loan of equipment which can help children at significant risk of injury, or in urgent need.

Play Therapy Pod

Providing a free loan of specialist toys to disabled and terminally ill children, delivered direct to their door.

For more information visit <https://newlifecharity.co.uk>