

Local Information (pre -school-age): Hammersmith & Fulham

The following information has been collated for families of pre-school age children who are awaiting assessment or have been assessed at the Cheyne Child Development Service. There are many resources available across Hammersmith & Fulham, provided by health, education, social care and the voluntary sector. Support is based on your child's needs not diagnosis.

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Support with Communication

Early Years Speech & Language Therapy Service:

The Central London Community Healthcare trust (CLCH), speech therapy team see children who have a GP in Hammersmith & Fulham. They offer assessment and support for child with concerns regarding their communication; language and/or interaction up until 5 years old, or they start school.

The service aim is to work with parents/carers and settings to ensure they have the skills and knowledge to continue supporting their child. All our evidence tells us in order for speech and language therapy to work and have good outcomes this is the best approach.

We offer specialist, quality advice and strategies to enable you to confidently succeed in supporting your child's needs for the future.

If your child recently finished an episode of speech therapy support, with advice to practice at home the strategies given, please feel free to contact the service after 3months, to discuss further support: [Speech and Language Therapy for Children :: Central London Community Healthcare NHS Trust](#)

Speech and Language Therapy Administration Hub:

020 7266 8777 (Lines open Mon-Fri 8am-6pm)

While you wait to be seen, here are some helpful resources:

<https://www.bbc.co.uk/tiny-happy-people>

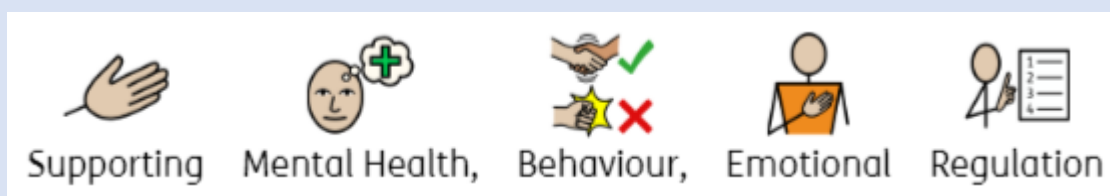
BBC Tiny Happy People: information about communication development, and activities you can try at home.

<https://communicationhub.org/>

Communication Hub: a collection of speech and language resources offering parental advice and professional training

<https://speechandlanguage.org.uk/help-for-families/>





Support with Behaviour/Emotional Regulation

Cheyne Clinical Psychology Embrace Group Service

The Cheyne Clinical Psychology team, along with Occupational Therapy, Speech and Language, Music Therapy, and Specialist Nurses, run the EMBRACE group for parents with children aged 0-7 years. This group focuses on understanding your child, and making sense of their behaviour. For further information, please contact the team at: chelwest.ccds.psychology@nhs.net

The Confident Parent Happy Child Service

Provides support for parents/carers of children aged 0-18 years. The project offers a range of evidence-based parenting programmes, information, advice and support for parents and carers. **The Stepping Stones Triple P** is particularly relevant for child with additional needs. The confident parent happy child service accepts referrals from parents/carers and professionals.

<https://www.upg.org.uk/confident-parent-happy-child/>



Stephen Wiltshire Centre – Monday CAMHS Drop-In Service

Mondays, 12.30pm to 2.30pm:

- This is a dedicated weekly session for parents, carers, and young people to receive support around behavioural concerns and emotional wellbeing. It is designed to be an accessible, informal opportunity to ask questions and explore available services, including signposting to community resources such as parenting groups, workshops, and local support networks. Please be aware you will need to call the Stephen Wiltshire Centre to request an appointment time

[Family Hub Stephen Wiltshire Centre | London Borough of Hammersmith & Fulham](#)



Stephen Wiltshire Centre, Queensmill Road, SW6 6JR



020 8753 4443



stephenwiltshirecentre@lbhf.gov.uk

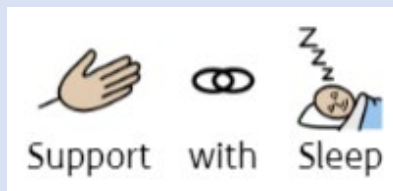


National Autistic Society: Behaviour Guidance

This page offers, evidence-based information and resources on understanding and managing behavioural challenges associated with autism. It is intended for professionals, caregivers, and individuals seeking expert advice on effective strategies to support autistic people.

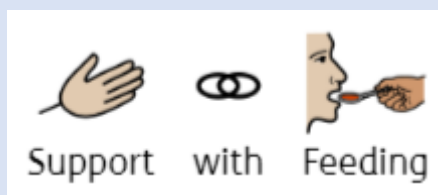
<https://www.autism.org.uk/advice-and-guidance/topics/behaviour>





Support with Sleep

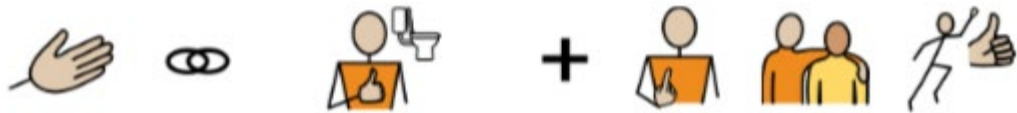
The Sleep Charity. This charity provides advice and support on sleep. It runs a number of online courses and also has a telephone helpline (Tel: 03303 530 541) run by a team of specialist trained sleep advisors: https://thesleepcharity.org.uk/information-support/children/	
The Children and Young People's Occupational Therapy service provide useful online advice on sleep at: https://www.otsupporthub.org.uk/parent-family-member-or-carer/sleep	
Cheyne Clinical Psychology Team The Cheyne Clinical Psychology Team run a sleep workshop for parents and carers with children aged 0-7, covering common issues around sleep. For further information, contact the team at chelwest.ccds.psychology@nhs.net	
Cerebra This charity provides advice and support to families on a range of areas including sleep. Its website has useful information leaflets and parents can also access one-to-one support from its sleep advice service https://cerebra.org.uk/get-advice-support/sleep-advice-service/	



Support with Fussy Eating

The Children and Young People's Occupational Therapy service provide useful online advice on feeding at: https://www.otsupporthub.org.uk/parent-family-member-or-carer/eating	
Cheyne Clinical Psychology Service The Cheyne Clinical Psychology and Occupational Therapy Team run a group to help parents and carers with children aged 0-7 with common issues around feeding. For further information, contact the team at chelwest.ccds.psychology@nhs.net	
SOS (for support with feeding)	

This video offers parents and caregivers and introductory view on how complicated feeding/eating is, why children struggle to eat, and how to help children to eat better. See https://sosapproachtofeeding.com/parent-workshop-when-children-wont-eat/	
The National Autistic Society (NAS) The NAS website provides useful information on feeding difficulties at https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences	

 Support with Toilet Training and Self Care Skills Support with Toilet-training and Self-Care Skills	
The Children and Young People's Occupational Therapy service provide useful online advice on toilet at: https://www.otsupporthub.org.uk/parent-family-member-or-carer/toileting	
The Cheyne Clinical Psychology/Occupational Therapy team run a group to help parents and carers of children aged 0-7-years, with common issues around toileting. For further information, contact the psychology team at chelwest.ccds.psychology@nhs.net	
ERIC - The Children's Bowel and Bladder Charity provides advice and information on toilet training and common toileting problems at https://eric.org.uk/.	
The National Autistic Society website provides information on toilet-training autistic children at: https://www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting/parents	

 Support with Sensory Processing Support with Sensory Processing	
On-line information: The following websites help explain sensory processing differences and give some strategies on how to help manage these differences. The websites below contains excellent online training (please note, the parent groups are only available for people living in those areas):	
The Children and Young People's Occupational Therapy service provide useful online advice on sensory needs at: https://www.otsupporthub.org.uk/parent-family-member-or-carer/sensory-needs	

	
https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/	
 Nursery / School Support	
All nurseries and schools have a Special Educational Needs (SEN) budget to help meet the needs of children with additional needs. Most children's needs can be met with this level of support. If you have concerns about how your child is coping at nursery/school, speak to your child's key worker class teacher or Special Educational Needs Coordinator (SENCo). Nurseries and schools can access additional services including the following:	
H&F Inclusion and Specialist Intervention Outreach Service (INSPIRE): Provides input to schools supporting children/young people with hearing or visual impairment, Autism, language and communication issues, literacy/numeracy difficulties or significant developmental delay. Support may include specialist interventions, assessment, teaching and advice, training and workforce development. The Inspire team also run weekly online drop-in sessions for parents/carers and for school staff looking for support/advice. Further information can be found on the Inspire hub: https://lbhfinspirehub.com/	
Hammersmith & Fulham Education Psychology Service Most schools have access to an Educational Psychologist who can provide support and advice around meeting individual children's needs. This service is only accessed by referrals from the school SENCo so if you have any concerns, speak to the SENCo at your child's school. The Educational Psychologist will consult with you and key school staff, they may also observe and meet with your child. They will jointly develop a support plan with the school. Further information is available on the following link: https://www.lbhf.gov.uk/family-information-directory/educational-psychology-service	
SEND Information and Advice Support Service (SENDIASS): This service provides independent advice, information and guidance to parents on issues relating to Special Educational Needs & Disability. For further information, contact: Hammersmith & Fulham Information and Advice Support Service, 141-143 King Street, London, W6 9JG Tel: 020 3886 1582. https://www.hfsendiass.org.uk/	



Parent



Support



Voluntary



Organisation

Parent Support & Voluntary Organisations

Stephen Wiltshire Centre Family Hub

Stephen Wiltshire Centre (SWC) is a specialist Family Hub, offering a range of services for children with additional needs or disabilities aged 0-18.

SWC hosts a range of drop-in sessions (Welfare Benefits / SENDIAS / 0-5 Little Explorers Play and Stays) and some that you need to book (Housing Clinic / CAMHS)..

As part of H&F Short Break service, SWC run a weekly drop in (during the term-time) 0-8 Play and Stay for families with children with identified needs and we deliver after-school clubs / weekend clubs and holiday clubs, for children who have been given SWC as part of their assessed Short Breaks package.

SWC Family Hub runs a duty line (0208 753 4443) each weekday (9.30am-12.30pm, Mon-Fri), for parents to call and book into sessions as well as providing information about services for children with additional needs in H&F and help with additional queries.

<https://www.lbhf.gov.uk/children-and-young-people/family-hub/find-family-hub-or-childrens-centre/family-hub-stephen-wiltshire-centre>



Cheyne Child Development Service Coffee Mornings:

The Cheyne team run monthly coffee mornings for parents/carers of children and young people who are awaiting assessment or have recently been seen in the service. These provide an opportunity for parents to meet other parents and to receive advice and signposting to support available locally. For further information, please contact the psychology team at: chelwest.ccds.psychology@nhs.net

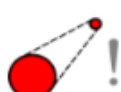
ParentsActive-Parent Carer Forum

This is a parent carer forum for residents in Hammersmith & Fulham run by parents of children with disabilities, dedicated to improving the quality of life for disabled children and their families. It provides a support network for parents and carers and holds coffee mornings, training sessions, events and focus groups to support and empower. Parent carers can feedback on services relevant to their child's disability. **Call 020 8748 5168**, email: info@parentsactive.org.uk or visit their website at: www.parentsactive.org.uk



Centre for ADHD and Autism Support

Supporting neurodivergent individuals and their families to receive the services they need throughout their journey, both pre- and post-diagnosis. For more information, please contact 020 8429 1552 or visit the website: <https://www.adhdandautism.org/>



Further



Information

Further Information on local services

Hammersmith & Fulham SEND Local Offer:

Provides further information on local services and support for children and young people with special educational needs and disabilities and their families:

[Local Offer for SEND | London Borough of Hammersmith & Fulham](#)



This information sheet was created in collaboration with colleagues from health, education and social care. We hope that you find this information helpful.

If you would like to provide feedback on the information provided above, we would love to hear it!

Please contact the Cheyne Clinical Psychology Team at chelwest.ccds.psychology@nhs.net