

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

The following information has been collated for families of 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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Supporting Mental Health, Behaviour, Emotional Regulation

Support with Mental Health/Behaviour/Emotional Regulation

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 confident parent happy child service accepts referrals from parents/carers and professionals. [Confident Parent Happy Child parenting programme Hammersmith Fulham](#)



Kooth Online Wellbeing Community

Online support where young people (age 11 to 25) can chat to counsellors, keep an on-line journal, read articles written by other young people, and connect with others through a moderated group. Kooth also has a separate section on neurodiversity with useful resources. See: <https://kooth.com>



The Whole-Brain Child by Dr Dan Siegel

This book demystifies meltdowns, explaining the science of how a child's brain is wired and how it matures. Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations. The Whole-Brain Child explains how to cultivate healthy emotional and intellectual development so that children can lead balanced, meaningful, and connected lives.

See: <https://drdansiegel.com/book/the-whole-brain-child/>



West London Action for Children

Provides therapy and counselling for vulnerable children and young people and their families. The service predominantly sees families on low income/family tax credit. For further information, please contact 020 7352 1155 or visit their website: www.wlac.org.uk



Child and Adolescent Mental Health Service (CAMHS)

CAMHS provide mental health assessment and treatment for children and young people aged 0 to 18, and support for their families. Further information on how to get referred to H&F CAMHS can be found at <https://www.westlondon.nhs.uk/our-services/child-and-adolescent/camhs/referrals>



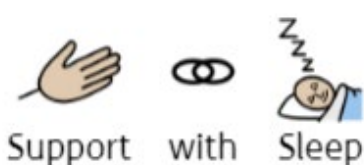
Mind: Mental Health Support Teams (MHST)

Provide individual support/advice, workshops and groups, to support children and young people, parents, carers, schools and education staff. Much of this support is school-based so speak to the SENCo at your child's school to find out if they have access to this support or view the Mind website at: [Children & Young People - Hammersmith, Fulham, Ealing and Hounslow Mind \(hfehmind.org.uk\)](#)



Cheyne Clinical Psychology 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



Support with Sleep

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 [Sleep Advice Service - Cerebra](#)



The Sleep Charity, incorporating The Sleep Council

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/>



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



Support with Feeding

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>



The Children and Young People's Occupational Therapy service provide useful online advice on feeding at: [Occupational Therapy for children - Inner London :: Central London Community Healthcare NHS Trust](#)



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



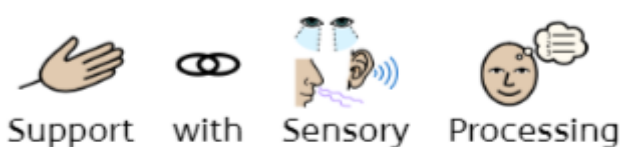
Support with Toilet-training and Self-Care Skills

ERIC - The Children's Bowel and Bladder Charity provides advice and information on toilet training and common toileting problems at https://eric.org.uk/ .	
Family Fund This charity gives grants to families on low income for washing machines, tumble driers or towards costs of bedding and clothing. https://www.familyfund.org.uk/	
The Children and Young People's Occupational therapy service (CYPOT) Provide information on their website to support children to develop a range of self-care skills. For advice on dressing, feeding, toileting, sleep, handwriting and gross motor skills, go to their website and follow the link to Programmes: Occupational Therapy for children - Inner London :: Central London Community Healthcare NHS Trust	
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	
H&F Inspire Team also run termly toileting workshops for parents. For more information enquiries should be directed to the Inspire team at: Inspire@lbhf.gov.uk	
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	



Support with Communication

Speech & Language Therapy Service: If you have concerns around your child's speech or other aspects of their communication, you can request a referral to the mainstream Speech and Language Therapy Service via your GP. This service provides an assessment and advice service for school-age children. If your child has an Education Health Care Plan (EHCP), they are likely to receive speech and language therapy through their EHCP. Further information on the H&F Speech & Language Therapy service can be found on the CLCH Speech and Language Therapy Hub on: Speech and Language Therapy for Children :: Central London Community Healthcare NHS Trust The Speech & Language Therapy Hub also has a toolkit of useful resources to support various aspects of children's communication skills.	
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Support with Sensory Processing

The following are some useful books on sensory processing:

The out-of-sync child (original) by Carol Stock Kranowitz, C.S (2003) – has some fun activities for children with sensory integrate dysfunction

James has a Sensory Processing Disorder: Stories for Special Children by Alison Harris & Nika Oberholster

Raising a Sensory Smart Child: The Definitive Handbook for healing your child with sensory processing issues by Lindsey Biel and Nancy Peske (2009)

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).

[Joining in with Sensory Differences | NHS GGC](#)



<https://www.kentcht.nhs.uk/childrens-therapies-the-pod/neurodivergence/sensory-processing-difficulties/>



<https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/>



School Support

All schools have a Special Educational Needs (SEN) budget to help meet the needs of pupils 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 school, speak to your child's class teacher or Special Educational Needs Coordinator (SENCo). 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: [Home - Inspire](#)



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: Educational Psychology Service London Borough of Hammersmith & Fulham	
Educational Health Care Needs Assessment (EHCNA). A small number of children and young people may require a higher level of support at school. This is assessed through an EHCNA where professionals are asked to contribute advice and this is collated into an Education Health Care Plan (EHCP). Decisions are based on level of need (not diagnoses) and your child's school will need to demonstrate what support they are already providing for your child. You should always talk to your school SENCo about this in the first instance. For further information, see: Education, health and care (EHC) plans and assessments London Borough of Hammersmith & Fulham	
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 is a purpose built building that also hosts a Changing Places Bathroom for members of the public to use. SWC Family Hub 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). We also host a range of one-off workshops run by other organisations, including Parents Active, Cheyne CDS and Early-Years. Our SWC Family Hub Navigator will also be providing drop-ins for to provide information and advice. As part of our Short Break service, we 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 (9.30-12.30, mon-fri), for parents to call and book into sessions. Our Duty line is also be able to answer queries and give information about SWC Family Hub services, as well as providing information about services for children with additional needs in H&F and wider afield. Family Hub Stephen Wiltshire Centre London Borough of Hammersmith & Fulham	

Other H&F Family Hubs Families can also access support through the other family hubs, which provide a range of family support, holiday activities, employment/housing advice, and councillor surgeries. Tudor Rose Community Centre: Tudor Rose Building, Fulham Court, London SW6 5PG Family Hub Tudor Rose Community Centre London Borough of Hammersmith & Fulham Old Oak Community Centre: 76 Braybrook Street, White City, London W12 0AP Family Hub Old Oak Community Centre London Borough of Hammersmith & Fulham For further details, contact 020 8753 6070 or email: familyhubs@lbhf.gov.uk	
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/	
Lets Unite for Autism A not-for-profit organisation that supports autistic children/young people and their families by providing support, education, practical advice, and recreational/leisure-time activities to improve lives and develop skills, capacities and capabilities. https://letsuniteforautism.org/about-us/	
National Autistic Society Provides advice and guidance on a range of topics including assessment, diagnosis, post-diagnostic support, education, health, social care, financial support, etc. For further information, visit their website on www.autism.org.uk/	
 Further Information Further Information on local services	
Hammersmith & Fulham 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. If you would like to provide feedback on the information provided, we would love to hear it. Please contact us at chelwest.ccds.psychology@nhs.net