

Useful Information

Local Authority:

SEND Support Line 01908 657825 SENDSupport@milton-keynes.gov.uk

Children with Disabilities team - 01908 253167

Children's Social Care - 01908 253169/70

Children and Families Information Service - 01908 253918

SEN Casework Team - 01908 657825

SEND Information, Advice and Support Service (SEND IAS) - 01908 254518

CarersMK

Carers MK are dedicated to supporting the wellbeing of unpaid family carers in Milton Keynes.

T: 01908-231703 | E: mail@carersmiltonkeynes.org



The Milton Keynes Local Offer: The place to find local services for children and young people with special educational needs and disability.

For all the latest information and support regarding children and young people with SEND, join us on Facebook: www.facebook.com/mksend



The MKC Inclusion and Intervention Team is a part of the wider MKC SEND Team. The team supports children and young people in settings and schools aged 2 – 19. The Specialist Teachers and Inclusion and Intervention Workers offer packages of support to settings and schools which may also include training and modelling strategies. We also offer a range of parent programmes.

The MKC SEND Support Line is open Monday to Friday 8.30 - 4.30 for parents and carers and professionals to seek advice, support and information for children and young people with SEND: **01908 657825** or email the team on: SENDSupport@milton-keynes.gov.uk



Milton Keynes SEND Information Advice and Support Service (SENDIAS):

Are a statutory service offering confidential and impartial information, advice and support to children, young people (0-25) with special educational needs and/or disabilities, as well as their parents/carers. Support is available to families living in Milton Keynes.

SENDIAS supports with The Graduated Approach and SEN support, the needs assessment and EHC plan processes, SEND tribunal appeals, school exclusions and disability discrimination issues.

T: 01908-254518 (weekdays 9.30 – 4.30) | **E: mksendias@milton-keynes.gov.uk** | **F: www.facebook.com/MKSENDIAS**



Parents and Carers Alliance

PACA MK is an independent and voluntary group of parents and carers of children and young people with disabilities or additional needs.

T: 01908-257828, 07852 526057 | **E: pacamk@gmail.com**

Health Apps Library

<https://www.nhs.uk/apps-library/>

A list of health based apps for various health issues, both mental and physical health

Special Needs Jungle

[Special Needs Jungle](#) is a parent-led website, which aims to provide information, resources and informed opinion regarding children and young people from birth to 25 years of age. You can find advice on education and Education Health Care Plans (EHCP), disability, health conditions and rare diseases. There are also some fantastic blogs to read.

Autism

The National Autistic Society <https://www.autism.org.uk/>

We are the UK's leading charity for people on the autism spectrum and their families. Since 1962, we have been providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people

Autism Eye <https://www.autismeye.com/>

Free online magazine for parents and professionals

Autism Independent UK

www.autismuk.com

Autism Independent UK helps to increase awareness of autism to the notice of all, together with well established and newly developed approaches in the diagnosis, assessment, education and treatment.

The main goal is to improve the quality of life for persons with Autism, giving them a chance to take their rightful place within their local community where they can live, work and play.

ADHD

ADHD Foundation

<https://adhdfoundation.org.uk/>

The ADHD Foundation Neurodiversity Charity is an integrated health and education service offering a unique lifespan – strength based service, for the 1 in 5 people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette’s syndrome.

UKAP – UK ADHD Partnership

<https://www.ukadhd.com/support-groups.htm>

This website has been developed to support those who come into contact with Attention Deficit Hyperactivity Disorder (ADHD) - parents/carers and teachers - and also provides resources for children and teenagers themselves, to help them understand and manage the condition.

ADDISS

www.ADDISS.co.uk

We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help

SEMH

Young Minds

<https://youngminds.org.uk/>

We're the UK's leading charity fighting for children and **young** people's mental health.

Kooth

<https://www.kooth.com/>

Free, safe and anonymous online support for young people.

Chat Health

<https://chathealth.nhs.uk/>

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health (school nursing) team.

MindEd

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

A website which provides e-learning on mental health subjects for parents, carers and professionals.

Blurt

<https://www.blurtitout.org/>

A website focusing on increasing awareness and understanding of depression, along with self-help tools and strategies.

SEMH Apps:

Stop, Breathe, Think – an app with a wide range of tools to help you reflect on your thought process, and encourage a more positive outlook when those all-night study sessions start to get you down.

Daylio – an app which helps you to detail your daily activities and moods, then watch the app churn out stats and trends to help you understand your mood better. Reminders ensure you keep up with your tracking and journaling activity.

Tourettes

Tourette Action - Information, education and support groups for young people, parents and professionals.

<https://www.tourettes-action.org.uk/>

Dyslexia

The British Dyslexia Association - Information, support and to find an assessor.

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

PATOSS also has a list of dyslexia assessors.

<https://www.patoss-dyslexia.org/>

Dyspraxia

Dyspraxia Foundation - Information, support and a helpline.

<https://dyspraxiafoundation.org.uk/>

Dyscalculia

Dyscalculia.org - Information and advice.

www.dyscalculia.org