

## Parent carers: Support and activities in the Harrogate, Knaresborough and Ripon areas

This factsheet lists local groups and services offering support to parents and carers of a child or young person with special educational needs and/or a disability (SEND). Please check the exact details of activities with the local contact.

### Carers' Resource Support for Parent Carers

Carers' Resource can discuss your caring situation with you to help identify your needs and explore support that is available to you. We have a closed Facebook group for parent carers who are registered with us, where we share information about local services and support. We also provide online webinars and peer support groups where you can meet other parent carers and talk to one of our locality workers.

Contact: 0808 50 15 939

[www.facebook.com/groups/harrogateparentcarers](http://www.facebook.com/groups/harrogateparentcarers)

### Cinema

The UK Cinema Association (previously known as the Cinema Exhibitors' Association) provides a card which allows a carer to accompany a child or adult with SEND to the cinema at no extra cost. A child must be aged 5 years old or over to be eligible. If your child is between 5 and 16 years of age, you will need to apply for the CEA card on their behalf and must be their parent or legal guardian. There is a £6.00 annual administration charge.

The child with SEND must meet one of the following criteria:

- a. be in receipt of Disability Living Allowance or Personal Independence Payment
- b. be a registered visually impaired person

For further information, including the application form and details of participating cinemas, Tel: **01244 526016** E: [info@ceacard.co.uk](mailto:info@ceacard.co.uk) [www.ceacard.co.uk](http://www.ceacard.co.uk)

Odeon Harrogate hosts **autism friendly and audio described cinema screenings** for those on the autistic spectrum or with sensory or learning disabilities, and their parents/carers and siblings. Films and screening types offered are subject to change.

For more information about accessible screenings at Odeon contact Accessibility Helpline **0800 138 3315**

To find details of upcoming autism friendly screenings at all cinemas:

[dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/](http://dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/)



### **Brimhams Active, Harrogate Borough Council**

Brimhams Active run a range of sporting and leisure activities and services for children and young people with SEND.

E: [hello@brimhamsactive.co.uk](mailto:hello@brimhamsactive.co.uk)

[www.brimhamsactive.co.uk](http://www.brimhamsactive.co.uk)

### **Down's Syndrome North Yorkshire**

A charity run by parents and carers of children who have Down syndrome to share experiences, knowledge and fun.

[www.downssyndromenorthyorkshire.co.uk](http://www.downssyndromenorthyorkshire.co.uk)

### **Follifoot Park Disabled Riders Group**

Provide horse riding for children with a wide range of disabilities.

Tel: 01423 546161 E: [admin@follifootparkdrg.org.uk](mailto:admin@follifootparkdrg.org.uk) [www.follifootparkdrg.org.uk](http://www.follifootparkdrg.org.uk)

### **Max Cards**

This is a national discount card scheme for families of children with SEND that offers free or discounted entry to a range of attractions. To view the full list of attractions that support the Max card go to [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk). To obtain a Max Card contact your local Carers' Resource office. Cards cost £4 for up to 2 years, plus £1 for postage.

### **National Autistic Society (Harrogate & District Branch)**

The branch offers support to families in Harrogate and Craven who have an autistic member. Website: [harrogate-autism.wixsite.com/harrogateautism](http://harrogate-autism.wixsite.com/harrogateautism)

Contact the branch on 07824 473871 (a message can be left for a committee member) [NASHarrogateBranch@nas.org.uk](mailto:NASHarrogateBranch@nas.org.uk)

### **HAPS - Harrogate Autism Parent Support Group**

For local parent carer Facebook group and information contact: Alison 07722 570225

### **North Yorkshire Council Services**

General Customer Services: **0300 131 2131**; [www.northyorks.gov.uk](http://www.northyorks.gov.uk)

#### **Children and Family Hubs**

The hubs provide activities, services and support for children and young people aged 0-19 years old and their families. There are children and family hubs in Harrogate Bilton, Harrogate West, Knaresborough, Ripon and Rural and Thirsk. In addition, a specialist SEND hub covers Harrogate, Knaresborough, Ripon and Craven areas.

Contact hubs through the North Yorkshire Council Customer Services number on 0300 131 2131 [www.northyorks.gov.uk/children-and-family-hubs](http://www.northyorks.gov.uk/children-and-family-hubs)



### **Compass Phoenix (formerly Compass Reach)**

A free, confidential health and wellbeing service for children and young people between the ages of 5-19 or up to 25 for young people with Special Educational Needs and Disabilities (SEND) and an Education Health and Care Plan (EHCP). For children and young people who may benefit from receiving early help and prevention of harm work in relation to mild to moderate emotional wellbeing and mental health issues.

Contact 01904 661916 or Freephone 0800 0087452

[www.compass-uk.org/services/compass-phoenix](http://www.compass-uk.org/services/compass-phoenix)

### **Early Help Service (formerly Children and Families Prevention Service)**

Offers early help for children, young people and families through Children and Family hubs and services in contact with families. Contact: 0300 131 2131

[www.northyorks.gov.uk/children-and-families/early-help](http://www.northyorks.gov.uk/children-and-families/early-help)

### **SEND Local Offer**

Provides information on education, health and social care for families with a child aged birth to 25 years who has SEND.

[www.northyorks.gov.uk/send-local-offer](http://www.northyorks.gov.uk/send-local-offer)

### **SENDIASS (Special Educational Needs and Disability Information, Advice and Support Service)**

Provides impartial information and advice to parents and carers of children and young people (ages 0-25 years) who have SEND.

Contact 01609 536923

[info@sendiassnorthyorks.org](mailto:info@sendiassnorthyorks.org)

[www.sendiassnorthyorkshire.co.uk](http://www.sendiassnorthyorkshire.co.uk)

### **IPSEA**

If SENDIASS is not able to resolve your issue contact IPSEA (Independent Provider of Special Education Advice) to book a helpline appointment.

Book an appointment via website [www.ipsea.org.uk/contact-ipsea](http://www.ipsea.org.uk/contact-ipsea)  
office@ipsea.net

### **Ohana**

A parent initiated, professionally led group offering support and friendship to all families coping with the challenge of raising a child with special educational needs or a disability. Ohana offers a number of services, including a parent support group, holiday activities, and a Stay and Play Club. For Ripon and surrounding areas

[www.ohanacharity.co.uk](http://www.ohanacharity.co.uk)      [welcome@ohanacharity.co.uk](mailto:welcome@ohanacharity.co.uk)

### **Parent Carer Voice North Yorkshire (PCV)**

The recognised Parent Carer Forum for North Yorkshire, supporting families with children and young people (0-25 years old) with Special Educational Needs and/or Disabilities.

[www.parentcarervoiceuk.org](http://www.parentcarervoiceuk.org)      [info@parentcarervoiceuk.org](mailto:info@parentcarervoiceuk.org)      Tel: 07396 641232



### **Sportability Football**

Killinghall Nomads offer the opportunity for children ages 7-18 years with learning and physical disabilities to develop their football skills. For more information contact [www.killinghallnomadsjfc.com](http://www.killinghallnomadsjfc.com) Email: [info@killinghallnomadsjfc.com](mailto:info@killinghallnomadsjfc.com)

### **Time Together**

A local charity supporting individuals with additional needs - including autistic people and those with learning or physical disabilities - to live life well. Time Together offers a number of activities for young people with SEND at Unit 10 Provincial Works, The Avenue, Starbeck.

[www.timetogether.info](http://www.timetogether.info) Tel: 01423 883992 Email: [office@time-together.org](mailto:office@time-together.org)

If you would like a copy of any Carers' Resource factsheet, please contact your local office - details below - or download from [www.carersresource.org](http://www.carersresource.org).

If you need further information, or would like to discuss any aspect of your caring role, please contact Carers' Resource on **0800 50 15 939**

### **Harrogate**

Unit 3, Grove Park Court, Grove Park Terrace, Harrogate HG1 4DP

[info@carersresource.org](mailto:info@carersresource.org)

[www.carersresource.org](http://www.carersresource.org)

We can provide the information in another format. Please contact us to discuss your requirements.

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