

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

This factsheet lists local groups and contacts offering support to parents and carers of a child or young person with special educational needs and/or a disability (SEND). Most of these are continuing to offer support and meet remotely during the on-going covid-19 pandemic. Please check the exact dates and times of activities with the local contact.

### Carers' Resource Support for Parent Carers

We can offer you a carers' assessment 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: 01423 500555

[facebook.com/groups/204424327659651](https://facebook.com/groups/204424327659651)

### Allsorts at Winkies

A soft play session for children with SEND age 0 to 11 years and their siblings (free for child with SEND and siblings). Held weekly at Winkies Play Centre, Unit 9 Provincial Works, The Avenue, Starbeck.

Contact: 01423 886886

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

### Cinema

The Cinema Exhibitors' Association provides a card which can be used by the person with SEND so that their carer can accompany them to the cinema at no extra cost. The person with SEND must meet one of the following criteria and be aged 8 or over:

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

There is a £6.00 annual administration charge.

For further information, including the application form and details of participating cinemas, Contact: 01244 526016 [www.ceacard.co.uk](http://www.ceacard.co.uk)

Odeon Harrogate also hosts **autism friendly cinema screenings** every month for those on the autistic spectrum or with sensory or learning disabilities, and their parents/carers and siblings. For more information:

Contact: 0333 0144501

[www.dimensions-uk.org](http://www.dimensions-uk.org)



As part of the **More than Movies Project** Harrogate and Knaresborough Libraries are offering twice monthly screenings of films for children with autism or other additional needs and their family, friends or carer. There are no charges to see the film but you must be a library member. Pre booking is essential. For more information, and to book tickets, contact the individual library:

Harrogate library: 01609 536658

Knaresborough library: 01609 533610

### **Down Syndrome Training and Support Service Ltd.**

A charity run by and for parents and carers of children who have Down syndrome. It provides training, support and activities for families.

Contact: 01274 561308

[www.downsupportbradford.btck.co.uk](http://www.downsupportbradford.btck.co.uk)

### **Eureka! The National Children's Museum**

Free holiday clubs and 'Super Sundays' for children with SEND (to book in advance).

Contact: 01422 330069

[www.eureka.org.uk](http://www.eureka.org.uk)

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

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

Contact: 01423 546161

[www.follifootparkdrg.org.uk](http://www.follifootparkdrg.org.uk)

### **FUSE Theatre Project**

Led by professionals aiming to get young people with SEND (11-19 years) to work with others from mainstream schools and provide them with high quality theatre provision.

Contact: 01609 533334

[www.fusetheatre.wordpress.com](http://www.fusetheatre.wordpress.com)

### **Harrogate Borough Council**

The council offers a range of activities and services for children and young people with SEND. Please contact Danielle Mulholland for details of current services.

Contact; 01423 862702

[www.harrogate.gov.uk](http://www.harrogate.gov.uk)

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

Promotes awareness of the needs of people with autism spectrum disorders - offers support and training activities.

Contact: 07824 473871

[www.harrogate-autism.org.uk](http://www.harrogate-autism.org.uk)

### **Point Zero Trampoline Park**

Offers a specifically designed session on a Thursday at 5pm for children with additional needs and/or on the autistic spectrum. Parents/ carers go free.

Contact: 01904 360500

[www.thepointzero.com](http://www.thepointzero.com)



## **North Yorkshire County Council Services**

General Customer Services: 01609 780780; [www.northyorks.gov.uk](http://www.northyorks.gov.uk)

### **Children and Family Hubs**

The hubs provide services for children and young people aged 0-19 years old and their families. They are based in Harrogate Bilton, Harrogate West, Harrogate Town and Knaresborough.

[www.northyorks.gov.uk/children-and-family-hubs](http://www.northyorks.gov.uk/children-and-family-hubs)

Harrogate Bilton and Harrogate West

01609 533127 or email: [C&Fhubharrogate@northyorks.gov.uk](mailto:C&Fhubharrogate@northyorks.gov.uk)

Knaresborough and Harrogate Town

01609 533176 or email [C&Fhubknaresborough&harrogatetown@northyorks.gov.uk](mailto:C&Fhubknaresborough&harrogatetown@northyorks.gov.uk)

### **Compass Reach**

A nurse led service providing specialist support for children aged 9 to 19 years (or 25 years if SEND) with substance or alcohol related issues and/or emotional health and wellbeing issues.

Contact: 01609 777662

### **Disabled Children's Service**

Provides support for children and young people where the disability has a significant and long term effect on their ability to carry out every day activities and there are considerable difficulties meeting those needs. May also work with young people aged 18 - 25 years if they still have an Education Health and Care Plan.

Contact: 01609 780780

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

Offers early help for children, young people and families.

Contact: 01609 534842

### **Local Offer**

Provides information on education, health and social care for families with a child aged birth to 25 years who has SEND. [www.localoffer.northyorks.gov.uk/send-local-offer](http://www.localoffer.northyorks.gov.uk/send-local-offer)

### **Max Cards**

A national discount card scheme for families of children with SEND. To obtain a Max Card contact your local Carers' Resource office. Cost £3. To view the full list of attractions that support the Max Card go to [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk).

### **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.

Contact: 07549 995193

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

[facebook.com/groups/riponacorns](https://facebook.com/groups/riponacorns)



### **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.parentcarervoicenuk.org](http://www.parentcarervoicenuk.org)

### **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

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

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

[facebook.com/sendiasnorthyorks](https://facebook.com/sendiasnorthyorks)

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

Contact: 01799 582030

[www.ipsea.org.uk](http://www.ipsea.org.uk)

### **Scuba Diving For All Ltd**

A Ripon charity that teaches scuba diving to people with and without disabilities.

Sessions run weekly at Ripon Spa Baths.

Contact: 01765 606244

[www.sda-ripon.org.uk](http://www.sda-ripon.org.uk)

### **Sportability Football**

Killinghall Nomads offer the opportunity for children ages 7-18 years with learning and physical disabilities to develop their football skills. The group meets weekly at Harrogate High School (April to November) and Rossett Sports Centre (November to April).

Email: [info@killinghallnomadsjfc.com](mailto:info@killinghallnomadsjfc.com)

[www.killinghallnomadsjfc.com](http://www.killinghallnomadsjfc.com)

### **Adversity United**

Adversity United is a disability football club for boys and girls aged 6-12 years old who are living with physical, behavioural, social and cerebral challenges. The training sessions are held at Harrogate Grammar School on Tuesdays 4:30pm - 5:30pm.

Contact: 07468 855433 Cameron Osburn or email: [adversityunited@gmail.com](mailto:adversityunited@gmail.com)

### **Summerbell Dance Academy**

A specialist dance class for children with SEND age 10 years upwards. Meets weekly at St Andrew's Church Hall, Starbeck.

Contact Jennie 07584 503776

[www.summerbelldanceacademy.com](http://www.summerbelldanceacademy.com)

### **Time Together**

Support for parents and carers of children and young people diagnosed with autism spectrum disorders or SEND. Activities held at Unit 10 Provincial Works, The Avenue, Starbeck. See below.

Contact: 01423 883992 or email [office@timetogether.org](mailto:office@timetogether.org); [www.timetogether.info](http://www.timetogether.info)

**Games Zone:** inclusive gaming club for ages 8 - 18 years (under 12 years if accompanied). Held on Friday evening.

**Parents Together:** an online parent support group.

**Sensory Room:** an interactive sensory room available for hire. 1 to 1 support may be available at an additional cost.



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 **01423 500555**.

**Harrogate**

11 North Park Road, Harrogate HG1 5PD

**[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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