Useful SEND Links and resources for parents

Cheshire East Information Service

Free confidential support and information is available to children and young people with SEND, their parents and carers at:  <https://livewellservices.cheshireeast.gov.uk/Services/1>

[A black background with orange and green letters

Description automatically generated](http://www.cheshireeast.gov.uk/livewell/livewell.aspx)

Welcome to Live Well Cheshire East - giving you greater choice and control of the services you need. You’ll find useful information and advice on a range of subjects, and an easy to use directory of over 3000 services and activities in your area.

<http://www.cheshireeast.gov.uk/livewell/livewell.aspx>

Useful links and resources for parents and carers:

[**National Autistic Society**](https://www.autism.org.uk/) - The national Autistic Society Website, the main UK charity for supporting people with ASD and their families, The website contains lots of useful advice and resources.

[**Autism Independent**-](https://autismuk.com/) Lots of useful information on ASD.

[**Autism Speaks**](https://www.autismspeaks.org/) - A comprehensive site with a useful resource library.

[**Cheshire East Autism Team (CEAT)**](https://livewellservices.cheshireeast.gov.uk/Services/1086) - Resources and advice for parents/carers.

[**Cheshire Autism Practical Support (ChAPS**](http://www.cheshireautism.org.uk/)**)** – Supports and educates parent sot help your child be the best they can be.

[**BIRD**](http://www.birdcharity.org.uk)- A charity that runs a parenting support programme for parents of children with social communication difficulties

[**Widgit**](https://www.widgit.com/resources/) - Symbolised resources for visual timetables, different topics, areas of life, fire safety and visits to doctors and dentist.

[**Dyslexia**](https://www.bdadyslexia.org.uk/)- The British Dyslexia Association provides advice, resources and training to help parents/carers.

[**Dyspraxia Foundation**](http://www.dyspraxiafoundation.org.uk)- Supports individuals and families affected by dyspraxia/DCD

[**Young Minds**](http://www.youngminds.org.uk)- Support and advice for young people’s mental health

[**Supporting Challenging Behaviour**](https://www.youngminds.org.uk/media/w5mdqtat/challenging-behaviour-in-children-created-may-2020.pdf) - Tips and hints from Young Minds.

[**Parents A-Z**](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/#_ga=2.218620889.1708121881.1612255315-464740527.1612255315) - Advice on how to help with specific mental health conditions and life events which may affect a child's wellbeing.

[**Parents Survival Guide**](https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/#_ga=2.247442372.1708121881.1612255315-464740527.1612255315) - Parenting isn't easy!