

Sunderland Parent Support Directory

A Guide for Practitioners and Services
Working with Families in Sunderland

This guide is designed to give details of support groups and services which
can help support children and families across Sunderland.




Sunderland
Children's Trust

What is a parent support group?

A parent support group is somewhere parents can seek support and advice when a need is identified within the family.

Where are they?

They are held in a variety of settings throughout the city.

When can families use them?

Once contact has been made with the identified support group families are able to access the group at the arranged days and times etc.

Who are they for?

Parent support groups are available to all families.

How can support be accessed?

Practitioners should use the information within the guide to identify and contact the appropriate service.

How to use this guide

This guide provides detailed information of parent support groups that are available to parents. Parents are able to self refer or can be signposted to appropriate support according to their individual needs.

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A

Autism-In-Mind (AIM)

Sunderland parents Carole and Terry Rutherford have two sons with a diagnosis of autism, they understand that living with autism can sometimes leave them and their sons feeling isolated and cut off from the real world. Many children with a diagnosis of autism now attend mainstream schools and parents rarely have the opportunity to meet up with other parents who understand the problems that they face in their daily lives. Carole and Terry know from firsthand experience what this feels like, and also how difficult it can be for our children with autism to mix and enjoy social activities and outings. Autism-in-Mind (AIM) is keen to hear from any families who feel isolated or need a listening ear. AIM has been up and running in Sunderland and Washington for 3 years and we now have around 100 families who attend our meetings and also our social activities. They hold meetings in Sunderland and Washington and also offer internet based support. AIM would like to help improve the lives of families

living in Sunderland by giving parents and their children the chance to work together to provide some out of school activities for the children, and support and information for their parents. They enjoy our outings to the Fun Shack, the Cinema; they go bowling and also arrange trips out. They are aware that some children with autism do not like these activities and we are hoping to improve the range of activities that we can offer.

Tel: 0191 549 0898 (Carole and Terry Rutherford), please leave a short message and we will return your call.
E-mail: aim1voice@btinternet.com

B

Baby Massage for children with complex Health Needs

A group for families with children aged 0-3 years with complex health needs.

Tuesday 1-3 at Austin House

Contact Austin House for further details
Tel: 0191 566 2650

ADHD(Attention Deficiency Hyperactivity Disorder)

Voluntary group for parents and carers meets fortnightly at Sunderland Carers Centre.

Contact: Linda New
Tel: 0191 555 0109
Email: lindanew66@yahoo.co.uk

C

Columbia Grange Family & Friends

Holds a very informal coffee morning once a fortnight during term time, Friday 10am-12noon. All parent carers, guardians, grandparents of children with special needs are welcome. Current members care for children with ASD, Williams Syndrome, Epilepsy and Downs Syndrome amongst others. The group is not just for pupils of Columbia Grange School. Occasional guest speakers will be invited.

Area(s) covered: Washington, Sunderland, Coalfields

**Columbia Grange School,
Washington
Tel: 0191 219 3860**

F

Faith (Focusing on Autism in the Home)

A local support group to support families with children with Autism to introduce them to home based education programmes using different approaches

Tel: 0191 511 0235

N

NERAF (North East Regional Alcohol Forum)

NERAF is an independent peer support charity established to provide long term aftercare and support to those affected by alcohol misuse. Our aim is to set up self-help groups throughout the North East, with drop-ins and a range of activities to suit the service user.

We provide support in group sessions or via our unique 1-2-1 mentoring service. We provide training in specialist alcohol mentoring & alcohol awareness.

**c/o Angel House
Borough Road SR11HW
Tel: 0191 514 5852 / 565 6688**

Fushia (Families United Support And Help in Addiction)

FUSHIA aims to provide support, knowledge and respite to families and carers of substance misusers, to alleviate the everyday problems and distress caused by substance misuse.

We provide:

- An assessment of your individual needs
- One to one support
- Telephone support and advice
- Access to Carer Support groups
- Relaxation classes to help you feel better
- A confidential and sensitive service
- A wide range of literature we can send to you
- Respite from caring for a substance misuser
- Crisis funds
- Information about drugs
- Information about other services

**Contact: fushiacare@aol.com
www.fushia.org.uk**

P

Pallion Action Group (Support for young parents)

Contact: Karen Wood

Tel: 0191 514 2011

Email: karenwoodmve@yahoo.co.uk

Peer Support Group (For women experiencing or have experienced domestic violence)

Valley Rd Community Primary School

Thursday's 1-3 pm (Please contact prior to attending)

Contact Carolyn Trueman

Tel: 0191 553 7750

Portland School Parent support Group

Contact Portland School

Tel: 0191 553 6050 for further details

S

South Area Parents Support (SMPS)

If you are concerned about your child's behaviour, drugs and alcohol, anti social behaviour contact Sue in a confidential, friendly and welcoming atmosphere. The Parent support group meet in Doxford Park. Anyone from the surrounding areas is welcome.

Contact: Sue Leigh

Tel: 0191 520 3444

Mobile: 07912 641 203

Email:

southareaparents@hotmail.co.uk

S

Southmoor Parents Support Group

Meets Friday am

Coffee Morning / Drop in for Parents and members of the community

Contact: Lynn Henderson
Southmoor School
Tel: 0191 553 7600

Southwick Health and Community Forum

Gingerbread

Gingerbread is a self help group for lone parents

The Southwick branch meets once a month on a Monday afternoon at 1pm.

The group decided that it is not only lone parents that need support and it was agreed that they would have members who may or may not have a partner.

Their primary function is for the children to have a good time and to be able to have affordable outings and fun days where parents/carers and children from all backgrounds and age groups can come together to have fun. During every school holiday we try to have at least 2 outings. We try to cater for all ages as some of our members have been with the group for a number of years and their children are getting older. The cut off age for being classed as a child as far as the group is concerned is 16.

Contact: Elizabeth Simmons
Tel: 0191 548 5844

The Gingerbread helpline
0800 018 5026

Spina Bifida & Hydrocephalous

To support and try to cater for the needs of Spina Bifida/Hydrocephalus sufferers and their families living in the local area.

The association is largely made up of parents and families as a self help group.

Regular meetings for information and support.

Meeting times and location contact
Mr Pounder
Tel: 0191 415 1725

S

St Aidan's Parent support Group

Held the 1st Friday of every month.9:15-10:30

Contact Julie Small

Tel: 0191 553 6073 (Option 5)

Sunderland Carers Centre

Sunderland Parent Carers Group

For parents /carers of disabled children (age under 18) meet the 2nd Thursday of each month 10:30-12:00

Tel: 0191 567 3232

Email:

info@sunderlandcarers.co.uk

Sunderland Juvenile Service

A city wide organisation, Sunderland Juvenile Service aims to reduce youth offending and prevent re-offending by offering information, guidance and support to young people and their families.

4 Toward Road

Sunderland SR1 2QF

Contact: David Curtis

Tel: 0191 567 8906

Fax: 0191 567 8906

Email: sunderlandsjs@aol.com

The Sunderland and South Tyneside ME/CFS Support Group

Monthly meetings-Meetings are held on the third Wednesday of each month (except December) at 7.00pm in the Bunny Hill Customer Service Centre Hylton Lane Town End Farm Sunderland SR5 4BW .The meeting room - Community Learning Room-is on the first floor and there is a lift.

This support group is for anyone who has ME (Myalgic Encephalomy)/CFS (Chronic Fatigue Syndrome) or a family member who has ME/CFS

(New members can be met at the door if they contact us by telephone first.

Enquiry line telephone/fax/answer

Tel: 0191 455 6959

Email: me-cfs@blueyonder.co.uk

Website: www.mecfs.co.uk

S

Sunderland & Washington Deaf Children's Society

The Sunderland & Washington Deaf Children's Society (SWDCS) is made up of the parents and families of deaf/hearing impaired children. SWDCS covers the entire area within the City of Sunderland boundary, including Sunderland, Washington, Houghton le Spring, New bottle and Hetton le Hole. The aim of the group is to promote the needs of children within the community by providing a collective voice to highlight the children's needs, ensuring that the relevant authorities are aware of those needs. The Group is also there to support one another by sharing experiences and helping each other through the difficulties faced by families with deaf children. For more details about the Group contact Marge.

Tel: 0191 584 6603

Email:
margemaggiore@yahoo.co.uk

Sunderland, Washington & Coalfields Parent Carers Council

Parents working together to create change, for children and young people to be able to learn, make friends, have a voice and be part of ordinary school and community life. The Parent Carers Council works with the families of children and young people who have special educational or additional needs, disabilities, emotional and behavioural difficulties or who are experiencing difficulties fitting in with school or community life for any reason. Hold regular monthly meetings and coffee mornings.

Area(s) covered: Sunderland and Washington & Coalfields

Tel: 0191 417 5322

Email: spcc.office@yahoo.co.uk or swcpcc@googlemail.com

Website:
www.freewebs.com/swcpcc

T

Sunningdale School Parent Support Group

**Contact Sunningdale School
0191 5880 for further details.**

Twin Club

A support group for parents/carers with twins of all ages to get together.

**Valley Road Primary School,
Hendon**

**Contact 0191 561 8126 for further
details**

**St Peters Children's Centre contact
0191 553 7618**

U

Ups and Downs Support Group

For families who have children with Down's syndrome (supported by Down's Syndrome North East)

Pre school group meets once a month Highfield Children's Centre.

School age group meets once a month at The Wacky Ware House.

For pre-school

Contact Mrs D McCormack

Tel: 0191 581 2547

For school age

Contact Andrea Taylor

Tel: 0191 523 9520

W

Washington Mind (Post natal depression support groups)

The group is a ten week course designed to support mothers experiencing postnatal depression. The referrals to the group tend to come from Health Visitors, however referrals are welcomed from other professionals. The referral criteria is quite flexible however the mums need to have a child preferably under the age of a year but this can be extended to 18 mnths following consultation with group facilitators.

The groups tend to run within a Children's Centre with a crèche provided and transport can be provided if absolutely necessary. The ten sessions cover What is depression?, Building the foundations, What is Anxiety?, Coping with Anxiety, Relaxation, Coping with the change, Assertiveness, Confidence and self-esteem, Treatment options, Including Infants and The future.

Contact: Tammy Birkett

Washington MIND

Tel: 0191 417 8043

Email:

washingtonmind@btconnect.com

Or contact Lynette Dodsworth

Early Years Mental Health

Practitioner

Tel: 0191 566 2650

Additional services to families

Community Safety Department

Free Home safety checks to any occupants whether they live in private or rented accommodation. The community safety team attend the property and carry out a fire safety check to give safety advice and then if needed fit free 10 year smoke alarms.

Juvenile fire setters programme: to educate young people who show an unhealthy interest in fire and starting deliberate fires.

Contact 0191 444 1500 for further information

Rebound Therapy for Children and Adults with autism

All sessions are run by trained coaches in Rebound therapy.

Rebound therapy for children & adults with autism which includes trampoline & parachute stimulation.

Bill Leach
Pennywell Community Centre
Tel: 0191 534 8435
Email: Pennywellcommunitycentre@yahoo.co.uk

Group costs available. Sessions available Monday-Saturday telephone for further details.

Sunderland Actionnaires

Meet every Saturday from 10am - 1pm. During the session we will take part in a particular sport (see the calendar for details) followed by swimming from 12pm - 1pm. Held at:

Raich Carter Sports Centre
Commercial Road
Hendon
Sunderland SR2 8PD

If you have any questions about Sunderland Actionnaires, give Anthony Hall, Sports Development Officer (North East) a call on 07595 090 862

Wearside Family Cycle Group

Formed in 2007 to provide cycle rides and cycling support to new and intermediate cyclists and families in Sunderland, they cycle at a relaxed and social pace and distances vary from 15 - 40 miles.

Bike rides tend to meet on a Sunday morning around 10am at Silksworth Ski Slope, in the car park.

Contact Dave Willock
Email: saiadave@yahoo.co.uk
For more information contact Clive Greenwood on 0191 553 7576 or visit their website
www.cycleroutes.org/wearsiderangers

Useful Information Directories/Sites

Connexions

Year 11 Recruitment and Information Directory

Contact Houghton-le Spring

0191 4432972

Sunderland – 0191 443 2950

Washington – 0191 443 2986

Disability Alliance Sunderland

Concise directory of organisations and services in Sunderland and local area

www.disabilityalliancesunderland.co.uk

One Parent Families

Useful information for parents

www.oneparentfamilies.org.uk

Parentline Plus

Information and useful links

www.parentlineplus.org.uk

Services for people of ethnic minority in Northumberland, Tyne & Wear

Lists all services

www.ntw.nhs.uk

Solution Finder Service Directory

A Directory of Services for children, young people and families

www.solutionfinder.org.uk

Sunderland Disabled Children

Information and useful links for disabled children, young people and their families

www.sundc.org.uk

Sunderland Children's Centres

Information about what's on at local Children's Centres

Sunderland West – 0191 561 2050

Coalfields – 0191 553 6576

Sunderland North – 0191 561 8126

Sunderland South & East – 0191 553 8809

Washington – 0191 219 3995

www.sunderlandchildrenscentres.co.uk

Sunderland City Council

Information about services in Sunderland

0191 520 5555

www.sunderland.gov.uk

Families Information Service

Provides information to parents and carers about all aspects of family life. The service can offer help, advice or signpost to other organisations.

www.familiesinfoservice.com

Email: fis@sunderland.gov.uk

Tel: 0191 520 5505

For further information, contact the Families Information Service on (0191) 520 5505
email: fis@sunderland.gov.uk or log on to www.familiesinfoservice.com
Alternatively, you can speak to the Family and Parenting Team on (0191) 443 2908
email: FamilyParentingTeam@sunderland.gov.uk
or log on to www.familiesinfoservice.com/familyandparenting