



Medway Small Steps Signposting information



Education and SEN Support		
Medway SEND Information hub (Local Offer)	Directory of services, activities, and support for children and young people aged 0–25 with SEND, their families, and professionals.	Medway SEND information hub
Medway SENDIASS	Free and impartial information for those with SEND in Medway	Medway SENDIASS
Medway Parent and Carers Forum	A parent-led charity supporting families of children and young people (0–25) with additional needs in Medway. They collaborate with local services to improve outcomes through co-production.	https://medwaypcf.org.uk/
Council for Disabled Children	Advice on Needs Assessments and education generally.	https://councilfordisabledchildren.org.uk/
Ambitious about Autism	Ambitious about Autism is a national charity for autistic children and young people. They have lots of resources on understanding autism	https://www.ambitiousaboutautism.org.uk/
National Children’s Bureau	Information about SEN support in schools, EHCP and the new sex and relationships programmes for schools.	https://www.ncb.org.uk/
Home-Start Little Adventurers	Your child will be invited to join in this programme if they have scored in the grey and black areas of their ASQ assessment or if they are below expected level of development according to the Early Years Foundation Stage. Your health visitor, nursery nurse, teacher or other professional will then complete our referral form and we will then contact you about starting the programme.	Little Adventurers Home-Start Medway
Home-Start	Following your child’s 27-30 month development review, if they need any additional support with their Speech and Language you will offered a referral to the Tiny Talkers programme by the professional that carried out the review. Tiny talkers is a 5 week programme that has been developed to support your child’s language development.	Tiny Talkers Home-Start Medway



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Autism		
The National Autistic Society	The go-to website for information about Autism, strategies including social stories, sensory information.	https://www.autism.org.uk/
Autism Central	Autism Central offers families education, coaching, and connection. Through resources, one-to-one peer support, and community events	https://www.autismcentral.org.uk/
Club AUsome	A Medway charity supporting children and young people with additional needs or disabilities (ages 0–25).	https://www.clubausome.co.uk/
The Curly Hair Project		The Girl With The Curly Hair - Autism Training, Animations, Books
PDA Society		PDA Society - Pathological Demand Avoidance
Medway Puzzles	Aim is to bring Families together to share experiences, meet people and spend social time with others who understand them.	https://medwaypuzzles.wordpress.com/
Kent Autistic Trust	Family and community advice service	CONTACT US KAT Family Support

ADHD		
National Centre for Mental Health	A positive and child friendly video about ADHD	https://youtu.be/YeamHE6Kank
ADHD Foundation	Information and support about neurodiversity generally.	https://www.adhdfoundation.org.uk/
Adult Neurodevelopmental service	Support for adults with ADHD and autism, including triage and keyworker services.	https://www.kentcht.nhs.uk/service/adult-neurodevelopmental-service/
ADHD UK		ADHD UK - Homepage - ADHD UK
ReMinds		Re:Minds



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Health and Wellbeing		
Medway Emotional Support Teams	<p>Provided by NELFT. Supporting CYP in a selected number of schools with their emotional wellbeing. Targeted and tailored intervention, parent workshops, consultation & liaison for schools. Parent workshops include understanding sleep and autism, ADHD, autism, anxiety and behaviour.</p>	<p>See website for which schools have access: https://www.nelft.nhs.uk/medway-emotional-support-team</p> <p>Website also includes autism and sleep resources for all to access: https://www.nelft.nhs.uk/kent-and-medway-mhst-resources</p>
Medway Young Person's Wellbeing Service	<p>0-19 years, up to 25 for SEND. Providing specialist MH services in the form of individual and group interventions following triage and assessment. Also included YJS MH practitioner to provide specialist mental health advice, assessment and treatment.. Single Point of Access is where all referrals are triaged before being signposted to more appropriate services or accepted for assessment in MYPWS. From Monday 6 January 2025, only professional referrals will be accepted for Autism and ADHD assessment. A professional could be your GP, school nurse, teacher, social worker, or other person that knows your child in a professional capacity.</p>	<p>https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health</p>
Young Minds	<p>Children and Young Person's Mental Health Charity. Has a Parent Helpline if you need to speak to someone.</p>	<p>https://youngminds.org.uk/</p>
Mencap	<p>The voice of Learning Disability.</p>	<p>https://www.mencap.org.uk/</p>
Change 4 Life	<p>NHS healthy living website for children and young people.</p>	<p>https://www.nhs.uk/change4life/activities</p>
KOOTH	<p>Free, safe and anonymous counselling for young people.</p>	<p>https://www.kooth.com/</p>



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Childline	Online, On the Phone, Anytime Support for children and YP.	https://www.childline.org.uk/
MindEd for Families	Free learning resource about mental health of children and YP	https://mindedforfamilies.org.uk/
Mental Health	Access a booklet called 'The Anxious Child' for parents.	https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf
Mental Health	Advice about returning to school after lockdown.	https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown
ERIC	Website of the Children's Bowel and Bladder Charity.	https://www.eric.org.uk/blog/tackling-problems-with-toilet-training-autistic-children
Raising Children	This is an Australian website with good sleep advice re ASD.	https://raisingchildren.net.au/autism/health-daily-care/sleep/sleep-problems-children-with-asd
Samaritans	Much more now than just suicide prevention. Lots of support for mental health issues.	https://www.samaritans.org/
Action for Children	Wide range of support including benefits calculator and range of support for parents.	https://www.actionforchildren.org.uk/
The Mix	Wide ranging support for under 25s.	https://www.themix.org.uk/
Little Miracles	Wide ranging support and activities for children and their families aged from birth to 25 with or without a diagnosis.	https://littlemiraclescharity.org.uk
AAEDS/CREST	All age eating disorder service provides support to those with an Eating Disorder (All Age) CREST provides crisis support to CYP 0-18 years. Assessments are carried out in the community such as homes & schools, as well as A&E departments and acute hospital settings. In addition, they also provide an Intensive Home Treatment team, which provides short	https://www.nelft.nhs.uk/services-kent-medway-eating-disorders/



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	term crisis support to CYP. The aim of the CREST team is to prevent admission to Tier 4 inpatient mental health unit, support CYP in the community during crisis periods.	
PBS COP	This group is for anyone who wants to improve the support autistic individuals or those with learning disability, complex needs receive with a focus around PBS. Sessions include presentations on PBS or other positive approaches that either compliment or could be used as part of a behaviour support plan, as well as opportunities to share learning, experience and networking.	https://www.medway.gov.uk/info/200410/positive_behaviour_support_pbs/1282/community_of_practice_events
PBS Training		https://www.medwayfamilyhub.co.uk/events/45534-positive-behaviour-support-awareness-training
PINS	The project will deliver improved support across the whole school, rather than interventions for individual children, so all children within the school can benefit. The offer of support to selected schools will be informed by the views of the school's leaders, parents and carers. Support will include training packages for staff to better understand the needs of neurodivergent children including mental health, speech and language and the physical and sensory environment	https://www.medway.gov.uk/info/200307/special_educational_needs_and_disabilities_send_information_hub/1909/education_support_for_children_and_young_people_with_send/3
The Young Lives Foundation	The Young Lives Foundation (YLF) is an award winning children's charity in Kent with expertise in Advocacy, Mentoring, Befriending and Activity Programmes	The Young Lives Foundation: Listen - Support - Empower
Medway Youth Services		Youth Services Medway Council
Chat Health	If you attend a Medway School, you can text a school nurse on 07480 635786 Anything from relationships, mental health, bullying, alcohol, self harm, healthy eating, drugs and smoking.	



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Medway Community Healthcare		<p>Homepage - Medway Community Healthcare</p> <p>Child Health services: Child Health Service - Medway Community Healthcare</p>
Better Medway	Mental health support for children and young people	Supporting children and young people's mental health Children and young people's mental health Medway Council
NELFT	Resources for support whilst awaiting assessment	<p>ASC: Autism Spectrum Condition (ASC) Assessment Pathway - Support whilst you wait NELFT NHS Foundation Trust</p> <p>ADHD: Support while you wait for an ADHD diagnosis NELFT NHS Foundation Trust</p>
NELFT Referral information		<p>Main: Learning Disabilities, Autism and ADHD NELFT NHS Foundation Trust</p> <p>Autism assessment service: Autism Spectrum Condition (ASC) Assessments Pathway NELFT NHS Foundation Trust</p>

Sleep		
Sleep Action		https://sleepaction.org/sleep-support/sleep-support-for-children-and-families/
The Sleep Charity		Home - The Sleep Charity
National Autistic Society		Sleep and autism
The Teen Sleep Hub		Home - Teen Sleep Hub
MCH	And so to bed - sleep training video	And so to bed Sleep training



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Resources		
Twinkl	Educational resources.	https://www.twinkl.co.uk/
Pathological Demand Avoidance	Latest information about PDA	https://www.pdasociety.org.uk/
BBC Bitesize	Mental health, body image, stress management.	https://www.bbc.co.uk/bitesize/support
Online Safety	National Crime Agencies CEOP education team help to protect children and young people from online sexual abuse and exploitation for children aged 4years to teenage and their parents.	https://www.thinkuknow.co.uk