

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Useful contacts

You can find the contact details of all those organisations mentioned in this book (and many more) in the following list of Useful Contacts. The first two sections contain the most important services and organisations, local and national, for parents of children with special needs. Following this, you will find contact details listed in the same order as the chapters of the handbook..

Useful contacts/Key local services

Amaze

Information, advice and support for parents of children with special needs

01273 772289

info@amazebrighton.org.uk
www.amazebrighton.org.uk

Brighton & Hove Carers Centre

Support and info for all carers

01273 746222

info@thecarerscentre.org
www.thecarerscentre.org

Brighton & Hove Children's Services

Provide education, social care and most health services for local children

01273 290000 (General enquiries)**Family Information Service**

Information and advice about childcare and other services for children and families

01273 293545

familyinfo@brighton-hove.gov.uk
www.brighton-hove.gov.uk/fis

The Fed Centre for Independent Living

Information, advice and counselling for disabled people and their families

01273 208934

bhfederation@bhfederation.org.uk
www.bhfederation.org.uk

Fostering and Adoption Team

Supports foster carers and adopters

01273 295444

fostering.adoption@brighton-hove.gov.uk

Parent Carers' Council (PaCC)

Represent parent carers in Brighton and Hove. Based at Amaze

01273 772289

pacc@amazebrighton.org.uk

Seaside View Child Development Centre

Centre for integrated child development and disability services inc. paediatricians, nurses and health visitors, social care and occupational therapy teams, mental health and education

01273 265780

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Children's Centres

Offer a broad range of services for under 5s and their families incl. health visitors, childcare & family support

Bevendean Children's Centre 01273 696347

Conway Court Children's Centre 01273 266011

Hollingdean Children's Centre 01273 295623

Moulsecomb Children's Centre 01273 294040

Roundabout Children's Centre 01273 290300

Tarner Children's Centre 01273 296700

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts/Key national bodies

Contact a Family

Advice, information and support to the parents of all disabled children

0808 808 3555

helpline@cafamily.org.uk

www.cafamily.org.uk

Council for Disabled Children

Umbrella body for disabled children's sector that works to influence national policy

0207 843 1900

cdc@ncb.org.uk

www.ncb.org.uk/cdc/

Equality Advisory Support Service

Advice and guidance on equality and discrimination law inc. new Equality Act

0800 444 205

www.equalityadvisoryservice.com

Mencap

Support for parents of children with learning difficulties

0808 808 1111 (Helpline)

help@mencap.org.uk

www.mencap.org.uk

National Parent Partnership Network

Details of local parent partnership services throughout the country

020 7843 6058

www.parentpartnership.org.uk

Family Lives

National helpline that supports all parents

0808 800 2222

www.familylives.org.uk

Scope Response

First point of contact for information on cerebral palsy, disability issues and all of Scope's local and national services

0808 800 33 33 (Freephone)

response@scope.org.uk

www.scope.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts /Finding what's wrong

LOCAL

Amaze

Information, advice and support for parents of children and young people with special needs

01273 772289

info@amazebrighton.org.uk

www.amazebrighton.org.uk

CAMHS (Child and Adolescent Mental Health Service)

01273 718680

Information Prescriptions

Health and social care information for Brighton and Hove

www.ipbh.org.uk

Fostering and Adoption Team

Supports foster carers and adopters. Finds families for children that need a foster home or an adoptive family

01273 295444

www.adoptioninbrightonandhove.org.uk

Royal Alexandra Children's Hospital

Inpatient facilities, including intensive care and outpatient care for children, based at Sussex County Hospital site

01273 696955

www.theroyalalex.co.uk

Seaside View Child Development Centre

Centre for integrated child development and disability services inc. paediatricians, nurses and health visitors, social care and occupational therapy teams

01273 265780

NATIONAL

Adoption UK

Support for adopted families before during and after adoption

0844 848 7900

www.adoptionuk.org

Contact a Family

Advice, information and support to the parents of all disabled children.

0808 808 3555

helpline@cafamily.org.uk

www.cafamily.org.uk

NHS Direct

Health information by freephone

0845 46 47

www.nhsdirect.nhs.uk

NHS Choices

Information from the National Health Service on conditions, treatments, local

www.nhs.uk

Through the Maze – Useful contacts as of September 2012

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

services and healthy living

Unique

**The Rare Chromosome Disorder Support
Group. Info and support**

01883 330766

info@rarechromo.org
www.rarechromo.org

Contacts / Survival Strategies

LOCAL

**Black and Minority Ethnic
Community Partnership**

Advice, information and support for
black and minority ethnic people

0300 303 1171

resourcecentre@bmecp.org.uk

www.bmecp.org.uk

**Brighton and Hove Bereavement
Support**

Trained bereavement counsellors

01273 772210

bereavementsupport@hotmail.co.uk

www.bhbereavementsupport.org.uk

Brighton Pebbles

Parent run group and social activities
for families with disabled children aged
4-14 in Brighton and Hove

07766 156 571

brightonpebbles@tiscali.co.uk

www.brightonpebbles.org.uk

Brighton Women's Centre

Range of services to women including
low cost counselling, complementary
therapies and library

01273 698036

info@womenscentre.org.uk

www.womenscentre.org.uk

Care for the Carers (East Sussex)

Provides support and information for
carers across county incl. back care

01323 738390

info@cftc.org.uk

www.cftc.org.uk

**Chestnut Tree House Children's
Hospice**

Hospice for life limited children and
their families

0845 450 5820

www.chestnut-tree-house.org.uk

CRUSE

Bereavement counselling and support

01273 234007

helpline@cruse.org.uk

www.crusebereavementcare.org.uk

Demelza House Hospice

Hospice for life limited children and
their families

01795 845200

info@demelza.org.uk

www.demelzahouse.org

Dialogue Centre

A counselling and mediation service
for children, young people and their
families run by Sussex Central YMCA

01273 320500

dialogue@sussexcentralymca.org.uk

www.sussexcentralymca.org.uk

**Dyspraxia Foundation Sussex
(East) Parent Support**

Meet monthly in Brighton

lucy.dcd@ntlworld.com

Family Intervention Project (FIP)

Advice and support service for families
aimed at reducing anti-social behaviour

01273 292953

fip@brighton-hove.gov.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Kaleidoscope

Group for parents and carers of children under 5 with physical disabilities. Thursdays during term time

07807 647630

info@kaleidoscope.uk.net
Contact Sandra or Gillian.

Link UP

Parent group that runs social activities for children with special needs attending mainstream schools

linkup@linkupbrighton.org

www.linkupbrighton.org

Little Darlings

Group for children aged two to six with additional needs and their parents

07799 414837

Call Sharon

mASCot (Managing Autistic Spectrum Condition Online Together)

Regular, monthly parent-led support group for parents of autistic children

sambay66@yahoo.com

Contact Sam Bayley

Mosaic

Support for Black, Asian and Mixed Parentage families

01273 234017

info@mosaicbrighton.org.uk
www.mosaicqualities.org.uk

Parental Support Counselling Service (PSCS)

Low-cost counselling for parents, siblings (13+), carers, relatives. c/o Downsview Special School

01273 682253

Rainbow Families

Support and info for lesbian, gay & bisexual parents in Brighton & Hove

info@rainbowfamilies.org.uk

www.rainbowfamilies.org.uk

RELATE

Relationship counselling

01273 697997

reception@brightonrelate.org.uk
www.relate4u.org

RISE

Support with domestic abuse including abuse from children

01273 622822

www.riseuk.org.uk

SPIN (Single Parent Information Network)

Information and signposting for single parents in Brighton & Hove

01273 675773

office@spinbrighton.org
www.spinbrighton.org

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Sussex ADHD Support Group

Information, advice and support for those affected by ADHD in Sussex

07519 280 950

mail@sussexadhd.org.uk
www.sussexadhd.org.uk

Sussex Central YMCA Linx

Support

Support families through schools to help them rebound from tough times

01273 222550

Sussex Counselling

Information about local counsellors

01273 732900

www.sussex.counselling.co.uk

Sweet Peas

Parent and toddler group for children with special needs. Fridays 12.15 to 3pm at Turner Children's Centre

07917 887526

T21

Brighton and Hove parent support group for children with Downs Syndrome and their families

07810 567626 (Emma)

07801 693362 (Fiona)

Tourettes Action

Local group for parent carers of children with Tourettes syndrome

07738 772045

www.tourettes-action.org.uk

Wee Ones

Support group for parents of premature babies at West Hove Children's Centre

07747 798858

nict_boyle@yahoo.com

Worthing KiDS Down's Syndrome Support Group

Support group in Sussex for children with Downs Syndrome

07570 768893

www.worthingkids.webs.com

Young Carers Project

Clubs and activities for children and young people who are carers too

01273 746222

info@thecarerscentre.org

www.thecarerscentre.org

NATIONAL

British Association of Counselling & Psychotherapy

Details of local counsellors

01455 883300

bacp@bacp.co.uk

www.bacp.co.uk

Child Bereavement Charity

Confidential listening service for anyone affected by the death of a child. Also support professionals

01494 446648

support@childbereavement.org.uk

www.childbereavement.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Child Death Helpline

Bereavement support

0800 282 986

contact@childdeathhelpline.org

www.childdeathhelpline.org

Compassionate Friends

Bereavement info/support

0845 123 2304

info@tcf.org.uk

www.tcf.org.uk

Gingerbread

Advice and helpline for single parents

0808 802 0925

www.gingerbread.org.uk

SIBS

Support for brothers and sisters of disabled children and adults

01535 645453

info@sibs.org.uk

www.sibs.org.uk

Special Kids in the UK

Member based charity offering info and support for families of children with special needs incl online parent forum

www.specialkidsintheuk.org

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts/Money matters

LOCAL

Amaze

Practical assistance with DLA and other benefits claims

01273 772289

info@amazebrighton.org.uk
www.amazebrighton.org.uk

Brighton Housing Trust

Advice on housing and benefits

01273 645400

enquiries@bht.org.uk
www.bht.org.uk

Direct Payments Advice Service

Advice and support with managing Direct Payments

01273 296747

directpayments@bhfederation.co.uk
www.directpaymentsdirect.org.uk

Jobcentre Plus Brighton

0845 604 3719/608 8715

Jobcentre Plus Hove

0845 604 3719/608 8715

Brighton & Hove Council Tax Office

Helpline dealing with enquiries and information

01273 291291

council.tax@brighton-hove.gov.uk

MACSS (Money Advice and Community Support Service)

Benefits and debt advice service

01273 664000

info@macss.org.uk
www.macss.org.uk

Workability

Support disabled people and those with mental health issues to look for work or training

01903 730044

workability@impact-initiatives.org.uk
www.impact-initiatives.org.uk

NATIONAL

Benefits Enquiry Line

Freephone – advice about benefits and will send claim forms

0800 882200

BEL-Customer-Services@dwp.gsi.gov.uk

Carer's Allowance Unit

0845 6084321

Department for Work and Pensions (DWP)

Call for DLA Claim forms

08457 123456

www.dwp.gov.uk

Disability Benefits Helpline

Gov helpline

08457 123 456

dcpu.customer-services@dwp.gsi.gov.uk

Family Fund

08449 744099

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Give grants to families with disabled children aged 17 and under
info@familyfund.org.uk
www.familyfund.org.uk

HMRC Employer's Helpline **08457 143 143**
Advice about employing people via Direct Payments

Tax Credit Helpline **0345 300 3900**
Enquiries and information about Child Tax Credit and Working Tax Credit

Working Families **0300 012 0312**
Info and support for working parents incl. parents and carers helpline
office@workingfamilies.org.uk
www.workingfamilies.org.uk

Contacts / Health

LOCAL

ABICCUS (Acquired Brain Injury Children's Community Service) **01825 722112**

Audiology Department **01273 664809**
audiology@bsuh.nhs.uk

Back Care Support Service **01273 296133**
Free back care service for carers
emma.barrington@brighton-hove.gov.uk

Belltree Music Therapy Centre **01273 681691**
Professional music therapy services for children and adults in Brighton & Hove
tinaw@belltree.org.uk
www.belltree.org.uk

Bladder and Bowel Service **01273 265912**
Or contact via the Health Visitor, School Nurse or District Nurse

Brighton and Sussex University Hospitals Trust **01273 696955**
www.bsuh.nhs.uk/home

Brighton General Hospital **01273 696011**

CAMHS (Child and Adolescent Mental Health Service) **01273 718680**

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Community Mental Health and Wellbeing

Consultation service for parents, carers and professionals with any concerns about a young person's emotional wellbeing or mental health prior to a CAMHS referral

01273 293481 (Whitehawk and Deans)

01273 290359 (Moulsecoomb, Fiveways)

01273 290545 (Patcham, Preston and Central Brighton)

01273 294411 (Hove and Portslade)

01825 722112

Chailey Heritage Clinical Services

Advice, assessment and treatment for children and young adults with multiple and complex disabilities

Dolphin House Children's Clinic

Children's complementary therapies.

01273 324790

info@dolphin-house.org.uk

www.dolphinhouseclinic.com

Expert Patients Programme (EPP)

Run 'Looking After Me' programme for carers coping with long-term ill health.

01273 574647

sc-tr.epp@nhs.net

NHS Brighton and Hove

01273 295490

www.brightonandhovepct.nhs.uk

PALS (Patient Advice and Liaison Service and Complaints)

Healthcare complaints and service issues

0800 013 0251

brightonandhovepals@nhs.net

Royal Alexandra Children's Hospital

Inpatient and outpatient care for children, based at the Royal Sussex

01273 696955

www.theroyalalex.co.uk

Royal Sussex County Hospital

01273 696955

Sussex Community NHS Trust

NHS community health services for Brighton and Hove

01273 696011

www.sussexcommunity.nhs.uk

Sussex Eye Hospital

01273 606126

Sussex Rehabilitation Centre

01273 696011

NATIONAL

Care Quality Commission

Health and social care regulator for England.

03000 616161

enquiries@cqc.org.uk

Carers UK

Helpline and publications for carers

0808 8087777

info@carersuk.org

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

	www.carersuk.org
DoH Publications For copies of Department of Health publications	0300 123 1002
Great Ormond Street Hospital for Children	0207 405 9200 www.gosh.nhs.uk
Guy's Hospital	020 7188 7188 www.guysandstthomas.nhs.uk
Independent Complaints and Advocacy Service (ICAS) Advocacy service that gives support with complaints against health services.	0330 440 9000 hastings.office@seap.org.uk www.seap.org.uk
Kings College Hospital	020 3299 9000 info@kch.nhs.uk www.kch.nhs.uk
NHS Direct Health information by freephone	0845 46 47 www.nhsdirect.nhs.uk
NHS Choices Information from the NHS on conditions, treatments, local services and healthy living	www.nhs.uk
Ombudsman Health Service Investigate complaints about the NHS and offer helpline advice	0345 015 4033 (helpline) www.ombudsman.org.uk
Patients' Association Independent support for patients inc. helpline.	0845 608 4455 helpline@patients-association.com www.patients-association.com
Transmedi Provides translation in over 60 languages of all the details of a person's medical condition for use in emergencies abroad	01162 337 640 office@transmedi.com www.transmedi.com

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts / Education

LOCAL

Autistic Spectrum Condition Support Service (ASCSS) Education support service for schools supporting children with Autistic Spectrum Condition	07578 768441 (parent line)
Chailey Heritage School School and pre-school assessment unit and day nursery for children with multiple and complex disabilities.	01825 724444 schooloffice@chs.org.uk www.chs.org
City Early Years and Childcare Team (CEYC) Support special needs childcare in early education	01273 293495
EMAS (Ethnic Minority Achievement Service) Support and provision for children with English as a second language.	01273 507367 emasadmin@brighton-hove.gov.uk
EOTAS (Home Tuition Service) Home tuition for children too ill to attend school	01273 293431 eotas@brighton-hove.gov.uk
Language and Literacy Support Service Provision for children with specific learning difficulties or dyslexia	01273 550317
PRESENS – Pre-school SEN Service Local services for pre-school children with special educational needs	01273 294944
School Admissions Team	01273 293653
Sensory Needs Service Education support service for children with visual and hearing impairment	01273 293610
Special Educational Needs Team (Brighton & Hove) Deal with statutory assessment and Statements	01273 293552 sen.team@brighton-hove.gov.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Special schools www.brighton-hove.gov.uk

For full contact details of local authority special schools, see the council's website

Speech & Language Support Service **01273 293672**

Speech & Language Therapy **01273 265780**

Portage & Early Support Service **01273 749085**

Home-visit teaching and support for under fives

Whoopsadaisy **07588 555761**

Conductive education for children with cerebral palsy or other motor disorders info@whoopsadaisy.org
www.whoopsadaisy.org

NATIONAL

Alliance for Inclusive Education **0207 737 6030**

Campaign and provide information on inclusive education info@allfie.org.uk
www.allfie.org.uk

Contact a Family SEN Advice Service **0808 808 3555**

National advice service for families of children with special educational needs helpline@cafamily.org.uk

Coram Children's Legal Centre **08088 020008**

Family, child and education legal advice www.childrenslegalcentre.com

Department for Education **0370 000 2288**

Government department responsible for education and children's services www.education.gov.uk

Education Otherwise **0845 478 6345**

Advice and information to parents educating at home enquiries@education-otherwise.net
www.education-otherwise.net

ICAN – Helping children communicate **0845 225 4071**

Info and advice on communication for children with learning difficulties www.ican.org.uk

IPSEA (Independent Panel for Special Education Advice) **0845 602 9579**

Advice on education issues and appeals (Tribunal helpline) www.ipsea.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Network 81

Parent network offering advice and support on SEN

0845 077 4055

network81@hotmail.co.uk
www.network81.org

Parentlink

Support parents and carers of children with special educational needs in East Sussex

01273 481172

parentlink@eastsussex.gov.uk
www.parentlinksussex.org.uk

Parents for Inclusion

Support for parents on inclusive education

0800 652 3145

info@parentsforinclusion.org
www.parentsforinclusion.org

Special Educational Needs and Disability Tribunal

Helplines for special education and disability discrimination appeals

01325 392760 (SEN & DDA)

sendistqueries@hmcts.gsi.gov.uk
<http://www.justice.gov.uk/about/hmcts>

West Sussex Parent Partnership Service

Support parents of children with SEN in West Sussex

0845 0751008

parent.partnership@westsussex.gov.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts / Daily Living

LOCAL

ACAS – Advice, Contact and Assessment Service

01273 295920

The social care contact to call if you are concerned about a child's welfare

Access Point – Brighton & Hove Social Care & Health

01273 295555

accesspoint@brighton-hove.gov.uk

First point of contact for enquiries about social care and health for adults

BHIP – Brighton & Hove Inclusion Project

01273 295533

info@bhip.org.uk

www.bhip.org.uk

Inclusive after school and Saturday clubs and outreach support for other groups

Blue Badges

01273 296270

Parking concession scheme in Brighton & Hove

parking@brighton-hove.gov.uk

Brighton & Hove Crossroads Caring for Carers

01273 234021

office@brightoncrossroads.org.uk

www.crossroadscare-esbh.org.uk

Provides home based short breaks or respite care

Brighton & Hove Link Plus

01273 295179

Provide short breaks or home-based support for families of severely disabled children up to 18

Brighton.Link@barnardos.org.uk

www.barnardos.org.uk/brighton

andhovelink.ht

British Red Cross – Medical Equipment Loan

01273 227800

For short term loan or for purchase

Cherish

01273 295192

Holiday playscheme and term-time youth club

(Chris Kerridge)

Daily Living Centre

01273 296 132

Disability equipment testing centre

Disabled Children's Social Care and Occupational Therapy Service

01273 265825

Contact for enquiries about disabled children's social care and health at Seaside View

Drove Road Short Term Care Service

01273 295530

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Residential short stays for young people aged 10 -18 with severe learning disabilities and challenging behaviour

Extratime

Inclusive after school and holiday play schemes at Hillside, Woodingdean and St Luke's primary schools

01273 689687

info.extratime@yahoo.co.uk
www.extratimebrighton.org.uk

Family Link

Family support for East Brighton families with children age 4-11

01273 419725

familylink@safety-net.org.uk
www.safety-net.org.uk

Honeycroft

Inclusive play schemes

01273 220323

marion.silsby@googlemail.com

NATIONAL

Abilitynet

Provides help for disabled adults and children to use computers and the internet

0800 269545

enquiries@abilitynet.org.uk
www.abilitynet.org.uk

Accessible Property Register

Property website showing accessible and adapted property for sale and rent

0774 9119385

conradh@accessible-property.org.uk
www.accessible-property.org.uk

Centre for Accessible Environments

Inclusive design consultancy and publications

020 7840 0125

info@cae.org.uk
www.cae.org.uk

Disabled Living Foundation

Impartial information and advice on daily living equipment

0845 130 9177

info@dlf.org.uk
www.dlf.org.uk

MERU

Custom-make equipment for disabled children

01372 725203

info@meru.org.uk
www.meru.org.uk

Motability

Advice and information about leasing or purchasing a car and mobility equipment

0845 456 4566

www.motability.co.uk

RADAR – The Disability Network

Disability information and advice, publications list inc. holiday information

0207 250 3222

radar@radar.org.uk
www.radar.org.uk

Through the Maze – Useful contacts as of September 2012

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

WhizzKidz

Grants towards wheelchairs, tricycles
and other mobility equipment

020 7233 6600

info@whizz-kidz.org.uk
www.whizz-kidz.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts / Making Systems Work

LOCAL

**Brighton & Hove City Council
Standard and Complaints Team**
Main contact for complaints about the local council's services
0500 291229
complaints@brighton-hove.gov.uk

Brighton & Hove Children's Services
The umbrella body in charge of education, social care and the majority of health services for local children
01273 290000 (General enquiries)

Citizen's Advice Bureau
Free, impartial, confidential and independent advice on any subject.
0845 120 3710
www.brightonhovcab.org.uk

NHS Brighton and Hove
Responsible for the health and wellbeing of everyone in Brighton and Hove
01273 295490
www.brightonandhovect.nhs.uk

PALS (Patient Advice and Liaison Service and Complaints)
For healthcare complaints and service issues
0800 013 0251
brightonandhovepals@nhs.net

South East Coast NHS
Regional health authority
01293 778 899
www.southeastcoast.nhs.uk

Special Educational Needs Team (Brighton & Hove)
01273 293552
sen.team@brighton-hove.gov.uk

NATIONAL

AVMA
Action for Victims of Medical Accidents
0845 123 23 52
www.avma.org.uk

Community Legal Advice
Free and confidential legal service for the general public, paid for by legal aid
0845 345 4 345
help@communitylegaladvice.org.uk

Coram Children's Legal Centre
Legal advice on family, child and education matters
0845 345 4345
www.childrenslegalcentre.com

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Department for Education

Government department responsible for education and children's services

0370 000 2288

www.education.gov.uk

Disability Law Service

Legal advice

0207 791 9800

advice@dls.org.uk

www.dls.org.uk

Equality Advisory Support Service

Advice and guidance on equality and discrimination law inc. new Equality Act

0800 444205

www.equalityadvisoryservice.com

Global Mediation

Disagreement resolution for special education issues

0800 064 4488

info@globalmediation.co.uk

www.globalmediation.co.uk

Health Service Ombudsman

Investigate complaints about the NHS and offer helpline advice

0345 015 4033 (helpline)

www.ombudsman.org.uk

Independent Complaints and Advocacy Service (ICAS)

Advocacy service that gives support with complaints against health services

hastings.office@seap.org.uk

www.seap.org.uk

Local Government Ombudsman

For complaints about any local authority departments

0300 061 0614

www.lgo.org.uk

Public Law Project

Legal advice

0845 345 9253

www.publiclawproject.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts / Leisure

LOCAL

There are so many local organisations that offer social and leisure activities for children with special needs that we cannot possibly list them all here. Instead, we produce a detailed fact sheet called 'Fun for All Ages' that lists all kinds of clubs and activities from football to circus skills. Some clubs like Seagulls Specials offer classes specifically for kids with special needs; others are inclusive; some are just open to all. You can download a copy of this fact sheet from the Publications section of our website or call our helpline and request a copy.

NATIONAL

3H Fund

Subsidised group holidays for physically disabled children and young people

01892 860207

info@3hfund.org.uk
www.3hfund.org.uk

Disability Now

Magazine and website. Holiday info.

020 7619 7323

www.disabilitynow.org.uk

English Federation of Disability Sport

Information about sport opportunities for disabled children and adults

01509 227750

www.efds.net

Family Fund Trust

Grants towards holidays etc.

08449 744099

info@familyfund.org.uk
www.familyfund.org.uk

Family Holiday Association

Grants for family holidays. Referrals must come from professionals

0203 117 0650

info@fhaonline.org.uk
www.fhaonline.org.uk

Tourism for All

Info about accessible accommodation and other tourism services.

0845 124 9971

info@tourismforall.org.uk
www.tourismforall.org.uk

Contacts / Looking Ahead

LOCAL

Care Co-ops

Offers a range of services including supported work placements

01273 468200

info@careco-ops.org.uk
www.careco-ops.org.uk

Speak Out

Advocacy for adults with learning disabilities

01273 421921

info@bhspeakout.org.uk
www.bhspeakout.org.uk

Workability

Support disabled people and those with mental health issues to look for work or

01903 730044

workability@impact-initiatives.org.uk
www.impact-initiatives.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

training

YAP - Youth Advocacy & Participation

Advocacy service for children and young people.

01273 295510
help@bhyap.org.uk
www.bhyap.org.uk

Young People's Centre

Drop in for advice, support and counselling for 13 to 25 year olds

01273 711633
(Confidential Counselling Line)

Youth Advice Centre (YAC)
Impartial drop-in for youth advice

01273 889292
yacservices@sussexcentral
ymca.org.uk

Youth Employability Service

Info and advice on education, employment and training for young people, via Learning Difficulties and Disabilities (LDD) advisers

01273 294247
www.connexionsplus.co.uk

NATIONAL

Disability Rights UK (formerly SKILL – The National Bureau for Students with Disabilities)

FAQs, booklets, website and helpline for disabled students

0800 328 5050
www.disabilityrightsuk.org

Families Leading Planning

Info and advice on person centred planning

07780 675197
barbara@familiesleadingplanning.
co.uk
www.familiesleadingplanning.co.uk

National Centre for Independent Living

Advice on Direct Payments and independent living

0207 587 1663
info@ncil.org.uk
www.ncil.org.uk

Transition Information Network

Information about the transition process for parents and professionals

020 7843 6006
tin@ncb.org.uk
www.transitioninfonetwork.org.uk

Young Minds

Advice, support and info on child mental health issues

0808 802 5544
www.youngminds.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Contacts / Specific disabilities

We do not have the space to list every single local or national organisation for specific disabilities here. If you do not see a group listed for your child's particular condition here, try the Useful Contacts section of our website or visit Contact a Family's website at www.cafamily.org.uk. If you do not have access to the internet, call our helpline and we'll do some research for you.

LOCAL

Blatchington Court Trust

Support & services for families with a child with visual impairment

01273 727222

info@blatchingtoncourt.org.uk
www.blatchingtoncourt.org.uk/

Brighton & Hove Epilepsy Action

Provides support & information on epilepsy

07565 955990

epaction4btn@yahoo.co.uk
www.epilepsy.org.uk

Dyspraxia Foundation Sussex (EAST) Parent Support

Meet monthly in Brighton

lucy.dcd@ntlworld.com

Look (Sussex)

Support for families of children with visual impairment. Contact Wendy Peek

01293 454454

gaylerogers1@virginmedia.com
www.looksussex.co.uk

mASCot (Managing Autistic Spectrum Condition Online Together)

Regular, monthly parent-led support group for parents of autistic children

sambay66@yahoo.com

Contact Sam Bayley

Mencap (Brighton & Hove)

Local learning disability charity office

MIND – Brighton & Hove

Mental health advice, information and advocacy for young people aged 11-19 with mental health problems

01273 234759

www.mencap.org.uk

01273 666950

enquiries@mindcharity.co.uk
www.mindcharity.co.uk

SASBAH – Sussex Association for Spina Bifida and Hydrocephalus

Advice, support and advocacy. Also youth clubs and social events

01825 873045

office@sasbah.org.uk
www.sasbah.org.uk

Sussex AD/HD Support Service

Support group for parents of children with Attention Deficit/Hyperactivity Disorder

07519 280 950

mail@sussexadhd.org.uk
www.sussexadhd.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Sussex Lantern Support and services for people with a visual impairment	01273 845458 info@bsblind.co.uk www.bsblind.co.uk
T21 Brighton and Hove parent support group for children with Downs Syndrome and their families	07810 567626 (Emma) 07801 693362 (Fiona)
Tourettes Action Local group for parent carers of children with Tourettes syndrome	07738 772045 www.tourettes-action.org.uk
Worthing KiDS Down's Syndrome Support Group Support group in Sussex for children with Downs Syndrome	07570 768893 www.worthingkids.webs.com

NATIONAL

Action on Hearing Loss (previously RNID) Information and advice for deaf and hearing impaired people	0808 808 0123 informationline@hearingloss.org.uk www.rnid.org.uk
British Dyslexia Association Information and support	0845 251 9002 (helpline) helpline@bdadyslexia.org.uk www.bdadyslexia.org.uk
Epilepsy Action Information for parents about epilepsy	0808 800 5050 helpline@epilepsy.org.uk www.epilepsy.org.uk
Cerebra Helps parents of children with brain-related neurological conditions	0800 328 1159 info@cerebra.org.uk www.cerebra.org.uk
Cerebral Palsy Helpline Advice for parents and carers.	0808 800 3333 response@scope.org.uk www.scope.org.uk
Child Brain Injury Trust (CBIT) Support for families affected by brain injury	0303 303 2248 helpline@cbituk.org www.cbituk.org
Cystic Fibrosis Trust Range of services for parents of children with cystic fibrosis.	0300 373 1000 (Support) enquiries@cftrust.org.uk www.cftrust.org.uk
Down's Heart Group Support and information on heart conditions related to Down's Syndrome	0844 288 4800 info@dhg.org.uk www.dhg.org.uk

For the most up to date contacts listing visit the [Useful contacts page in the Resources section of our website](#)

Down's Syndrome Association

Services for families of children with Down's

Dyspraxia Foundation

Information and advice

020 8614 5100

info@downs-syndrome.org.uk

www.downs-syndrome.org.uk

01462 454986

www.dyspraxiafoundation.org.uk

MIND

National Association for Mental Health

0300 123 3393

info@mind.org.uk

www.mind.org.uk

Muscular Dystrophy Campaign

Advice and support

0800 652 6352

info@muscular-dystrophy.org

www.muscular-dystrophy.org

National Autistic Society

Information and support on autism and Aspergers syndrome

0808 800 4104

autismhelpline@nas.org.uk

www.nas.org.uk

National Blind Children's Society (NBCS)

Support and information for parents and carers of children with a visual impairment

0800 781 1444

familysupport@nbcs.org.uk

www.nbcs.org.uk

National Deaf Children's Society

Support and helpline for parents of deaf children

0808 800 8880

helpline@ndcs.org.uk

www.ndcs.org.uk/livechat

RNIB (Royal National Institute for Blind People)

Information, advice and publications on all aspects of visual impairment

0303 123 9999

helpline@rnib.org.uk

www.rnib.org.uk

Sane

Support for people affected by mental illness. Online support forum

0845 767 8000

www.sane.org.uk

Shine (previously ASBAH)

Spina Bifida and Hydrocephalus information, networking and equality

01733 555988

www.shinecharity.org.uk