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**Support for Parent Carers**

**Some groups listed were suspended during COVID19 restrictions, and may not have restarted. Please check, using the contact details provided, if the group is currently running before attending.**

**The Mix**

The Mix us a support group run by parents for parents and carers of children with autism, behavioural and developmental problems, held in the community room at:

Tesco Tower Park, Yarrow Road, Mannings Heath Road, Poole, BH12 4NX.

You don’t need to have been given a diagnosis, just drop in for a coffee and a chat. Refreshments are provided.

Contact Sara on 07966 971983, or email: [themix14@outlook.com](mailto:themix14@outlook.com)

**The Parent Carer Foundation**

The Parent Carer Foundation offer specialist consultation and participation service that give parents/carers a voice, and help to shape health, social and education service for children from 0-25 years old with special educational needs, complex medical, social, emotional and behavioural disabilities.

Contact Marion Burgess on 07585 404335, email: [parentcarerfoundation@gmail.com](mailto:parentcarerfoundation@gmail.com)

or visit: [www.parentcarerforum.co.uk](http://www.parentcarerforum.co.uk)

**SENDiass4BCP (Special Educational Needs and Disabilities Information, Advice and Support Service)**

This is a free, confidential and impartial service for children and young people, up to the age of 25, who have special educational needs and their parents or carers. Their opening hours vary during school holidays, and these are updated on their voicemail.

Contact: 01202 128181 or email: [sendiass@bcpcouncil.gov.uk](mailto:sendiass@bcpcouncil.gov.uk)

**Parent Carers Together**

Parent Carers Together work in partnership with the local authority, health services and other service providers to raise awareness, influence change and support parents and carers to have a voice in how SEND services are shared and delivered in Bournemouth, Christchurch and Poole.

Contact Parent Carers Together by email: [info@parentcarerstogether.org.uk](mailto:info@parentcarerstogether.org.uk) for more information.

**Sibs – Bournemouth and Poole**

Sibs a youth club for young people who have a sibling with a learning disability. Session are run once a week over the school holidays, and costs £5 per day.

01202 584353 or email: [info@sibs.org.uk](mailto:info@sibs.org.uk).

**Coping with CHAOS (Children’s Helpers and Other Support)**

Coping with Chaos supports families caring for child/ren or a young person with a disability or special educational. Support includes play opportunities, a family support service and information and signposting. They also provide regular coffee mornings during the term time, workshops and information for parents.

Contact Diverse Abilities on 01202 718238, or email: [chaos@diverseabilities.co.uk](mailto:chaos@diverseabilities.co.uk)

**SENturions**

SENturions is a support group for families of children with any additional needs. Meetings are held every Wednesday, 9.30am – 11.30am, at The Branksome Community Centre, Recreation Road, Poole, BH12 2EA and costs £1 per family. Refreshments can be purchased.

Contact: Kerry or Paula on 07942 274052.

**Time Out**

Coffee morning for SEND parents / carers on Friday 10am-12noon at:

Corfe Mullen Baptist Church, Newtown Lane, Corfe Mullen, BH21 3EY. Supported by the Leonardo Trust.

Contact Andy for the date of their next meeting by email [timeout.dorset@gmail.com](mailto:timeout.dorset@gmail.com)