

## **Accessing Support – Parents**



Being a parent / carer brings many challenges. Please see below some useful links:

### **Recommended Resources from RISE**

The link will provide advice and guidance from professionals regarding Understanding Neurodevelopmental Disorders and creating a toolkit. This advice includes presentations and strategies on topics such as;

- Understanding Neurodevelopmental Disorders
- Stress Management
- Vulnerabilities and Safety
- Sleep Difficulties in Children and Young People with Neurodevelopmental Disorders
- Sensory and anxiety

<https://cwrise.com/parent-and-carer-resources>

### **Dimensions Tool**

The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

You can rate yourself or another person against a number of dimensions related to health and wellbeing.

The Dimensions tool is available 24/7 and creates a Dimensions report which provides information about self-care, local services and support.

<https://dimensions.covwarkpt.nhs.uk/>

### **Place2be**

Place2be offer a menu of different services, including advice and support for families to build resilience and raise awareness of mental health across the whole school community.

<https://www.place2be.org.uk>

### **Mind – Coventry and Warwickshire**

Coventry and Warwickshire Mind has been developing and delivering quality services with, and for, people with mental health problems for over fifty years.

<https://cwmind.org.uk/>

### **Warwickshire County Council's Children with Disabilities team**

Parent / carer drop in sessions are FREE for parents and carers of children with disabilities living in Warwickshire facilitated by Warwickshire County Council's Children with Disabilities team.

## **Accessing Support – Parents**



The sessions will be an opportunity for parents and carers to talk to Family Support Workers and gain a wide range of information, signposting, advice, and guidance relating to Social Care. It will also be an opportunity to meet other parents, carers, and professionals.

There is no childcare available for this drop-in session so please do not attend with children.

For any general enquires or questions about the upcoming drop-in sessions please email [cwtdadmin@warwickshire.gov.uk](mailto:cwtdadmin@warwickshire.gov.uk). Drop in sessions are shown on the following three pages.



**CHILDREN  
& FAMILY  
SUPPORT**

Drop in sessions in Nuneaton, Bedworth and North Rugby:

|   |  |
|---|--|
| Monday 3 <sup>rd</sup> July 2023<br>10am – 12pm       | St. Michael's Children and Family Centre<br>Hazel Grove<br>Bedworth<br>CV12 9DA    |
| Monday 7 <sup>th</sup> August 2023<br>10am – 12pm     | Camphill Children and Family Centre<br>Hollystitches Road<br>Nuneaton<br>CV10 9QA  |
| Monday 18 <sup>th</sup> September 2023<br>10am – 12pm | St. Michael's Children and Family Centre<br>Hazel Grove<br>Bedworth<br>CV12 9DA    |
| Monday 2 <sup>nd</sup> October 2023<br>10am – 12pm    | Camphill Children and Family Centre<br>Hollystitches Road<br>Nuneaton<br>CV10 9QA  |
| Monday 6 <sup>th</sup> November 2023<br>10am – 12pm   | St. Michael's Children and Family Centre<br>Hazel Grove<br>Bedworth<br>CV12 9DA    |
| Thursday 7 <sup>th</sup> December 2023<br>12pm – 2pm  | Boughton Leigh Children and Family<br>Centre<br>Wetherall Way<br>Rugby<br>CV21 1LT |

## Accessing Support – Parents



Drop in sessions in Leamington, Kenilworth, Southam, Lighthorne Heath and Rugby:

|  |  |
|--|--|
| Tuesday 20 <sup>th</sup> June 2023<br>10am – 12pm      | St John's Children and Family Centre<br>Mortimer Road<br>Kenilworth<br>CV8 1FS                                   |
| Tuesday 18 <sup>th</sup> July 2023<br>10am – 12pm      | Lillington Children and Family Centre<br>3 Mason Avenue<br>Lillington<br>Leamington<br>CV32 7QE                  |
| Tuesday 15 <sup>th</sup> August 2023<br>10am – 12pm    | Southam Tesco<br>Kineton Industrial Estate<br>Northfield Road<br>Southam<br>CV47 0FG                             |
| Tuesday 19 <sup>th</sup> September 2023<br>10am – 12pm | Let's Make Room Leamington Library<br>Royal Pump Rooms<br>The Parade<br>Leamington<br>CV32 4AA                   |
| Tuesday 17 <sup>th</sup> October 2023<br>10am – 12pm   | Overslade Community Centre<br>68 Buchanan Road<br>Rugby<br>CV22 6AZ  |
| Tuesday 21 <sup>st</sup> November 2023<br>10am – 12pm  | Seminar Room<br>Lighthorne Heath Children and Family<br>Centre<br>Stratford Road<br>Lighthorne Heath<br>CV33 9TW |

## Accessing Support – Parents



Drop in sessions in Atherstone and Coleshill:

|  |   |
|--|---|
| Tuesday 13 <sup>th</sup> June 2023<br>10am – 12pm      | Coleshill Library<br>19A Parkfield Rd<br>Coleshill<br>Birmingham<br>B46 3LD |
| Tuesday 11 <sup>th</sup> July 2023<br>10am – 12pm      | Atherstone Children and Family Centre<br>Long St<br>Atherstone<br>CV9 1AX   |
| Tuesday 8 <sup>th</sup> August 2023<br>10am – 12pm     | Coleshill Library<br>19A Parkfield Rd<br>Coleshill<br>Birmingham<br>B46 3LD |
| Tuesday 12 <sup>th</sup> September 2023<br>10am – 12pm | Atherstone Children and Family Centre<br>Long St<br>Atherstone<br>CV9 1AX   |
| Tuesday 10 <sup>th</sup> October 2023<br>10am – 12pm   | Coleshill Library<br>19A Parkfield Rd<br>Coleshill<br>Birmingham<br>B46 3LD |
| Tuesday 14 <sup>th</sup> November 2023<br>10am – 12pm  | Atherstone Children and Family Centre<br>Long St<br>Atherstone<br>CV9 1AX   |