## **Useful SEND information**

## **Embrace Wigan**

## **Special Educational Needs and Disability Information and Advice Support Service (SENDIASS)​** 01942 233323

The support what we offer is different for each individual and we tailor any support according to your child’s specific needs which might include face-to-face meetings, contact by telephone and/or email.

We offer free, impartial information, advice and support to families of children and young people 0-25yrs who have Special Educational Needs or Disabilities (SEND).

Our offer can include:

* Providing information, advice and support
* Signposting to SEND services which are available in Wigan
* Links to local parent support groups and forums
* Support and advocacy within meetings
* Support in resolving disagreements, mediation and tribunals
* Explaining the Educational, Health and Care Plan (EHCP) process.

**Solihull Approach Parenting Resource**

 *No parent gets it 100% right 100% of the time. All parents across the borough can access FREE online courses, endorsed by Wigan Council, to help you to connect more effectively with your child and give you more confidence to deal with those tricky situations.*

*There’s a number of courses to choose from to suit different age groups, including a course for parents of children and young people with additional needs, and you can complete them online at your own pace.*

[*Find more information here*](https://clicktime.symantec.com/3HRCs1vADUA9US4QRLttPZw6H4?u=https%3A%2F%2Fbit.ly%2Fdeal2030parents)*and use code DEAL 2030 to get more info and access the course for free.*

Wigan Child and Adolescent Mental Health  (CAMHS) Thrive Directory - [Thrive - Children & Young People Mental Health - Healthier Wigan Partnership](https://clicktime.symantec.com/363qrK3sqyFJo1EbbvqZdCi6H4?u=https%3A%2F%2Fhealthierwigan.nhs.uk%2Fmy-support%2Fthrive-children-young-people-mental-health%2F)

[Think Wellbeing | Greater Manchester Mental Health NHS FT (gmmh.nhs.uk)](https://www.gmmh.nhs.uk/think-wellbeing) 01942 764449

Think Wellbeing offers free NHS therapy for people registered with a Wigan GP with common mental health problems like anxiety or low mood, to help you change the way you feel by changing the way you think.

Our service is for adults aged 16 and over with common mental health problems like mild to moderate depression, anxiety and stress. We can help with other problems like panic attacks, phobias and post-traumatic stress disorder.

We are also able to help if you're experiencing symptoms of low mood, anxiety or depression linked to a long term physical health condition, pregnancy or being a primary carer for an infant under the age of two.

**If you need urgent help, please make an emergency appointment to see your GP or contact the Wigan 24/7 Mental Health Crisis Line on freephone 0800 051 3253.**

For children and young people (up to the age of 18), please contact:
Wigan CAMHS Team on **01942 775400 open 9-5pm please call 0800 051 3253 after 5pm**

**Young Minds  – Call the Parents Helpline: 0808 802 5544**(Monday to Friday 9.30am – 4pm, free for mobiles and landlines) <https://youngminds.org.uk/>

**MindEd  Should I be worried?**[MindEd For Families](https://mindedforfamilies.org.uk/young-people/should-i-be-concerned/)

https://mindedforfamilies.org.uk/young-people/should-i-be-concerned/

**Change4Life family healthy eating website**

[Healthier Families - Home - NHS (www.nhs.uk)](https://www.nhs.uk/healthier-families/)

https://www.nhs.uk/healthier-families/

**BEAT**

[The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)](https://www.beateatingdisorders.org.uk/)

**Bereavement**

[Bereavement support for children and families | Winston's Wish (winstonswish.org)](https://www.winstonswish.org/supporting-you/)

[Telling a child that someone has died | Child Bereavement UK](https://www.childbereavementuk.org/telling-a-child-that-someone-has-died)

<https://thesleepcharity.org.uk/information-support/children/relaxation-tips/>

**Wigan SEND Local Offer**

[SEND Local Offer (wigan.gov.uk)](https://www.wigan.gov.uk/Resident/Education/Special-Educational-Needs-and-Disability/Local-Offer/index.aspx)

Wigan Parent Carer Forum is an online community to provide a safe environment for parent carers to share information.

**Facebook**

[**Wigan Parent Carer Forum**](https://www.facebook.com/wiganparentforum/)

[**@wiganparentforum**](https://www.facebook.com/wiganparentforum)

**Twitter** @PCF Forum

Workshop for parent carers in [#Wigan](https://twitter.com/hashtag/Wigan?src=hash), with [@Cerebra](https://twitter.com/cerebra) - supporting families to access services. Monday 26th Sept 10am - limited places available [https://www.eventbrite.co.uk/e/wigan-parent-carer-forum-cerebra-training-tickets-417907060267 …](https://t.co/BQIjyuLROc)

[**Directory of services - School ages 5 to 16** (wigan.gov.uk)](https://www.wigan.gov.uk/Resident/Education/Special-Educational-Needs-and-Disability/Local-Offer/Parent/School-age-5-16/Directory/Index.aspx)

For children aged 5 to 16 years with SEND, including activities, special schools, education support, short breaks and more.