

## Information for Parents



### Our Voice parents' forum

Our Voice works closely with Enfield Council to implement new SEND Reforms and ensure that parent voices are heard. They also work hard to improve services for children and young people with disabilities or special educational needs in Enfield. Our Voice offers:

- coffee mornings in school to support parents and cover a range of topics
- a family network support helpline
- network meetings, covering different themes and topics
- consultancy services, such as running parent consultations or training

<https://www.ourvoicenfield.org.uk/links>



### Independent support and SENDIASS

**Every Parent and Child 020 8373 6243      SENDIASS Helpline 020 8373 6273**

Every Parent and Child provides Enfield SEND Information, Advice and Support Service (SENDIASS), as well as Independent Supporters.

SENDIASS give information on personalisation and personal budgets, law on SEND, and health and social care. They can provide support in attending meetings, contributing to assessments or reviews, and help parents to participate in discussions.

Independent Supporters undertake training to support parents and young people transfer their Statement of SEN to Education, Health and Care Plan (EHCP), and develop outcomes for the EHCP.

For more information on independent support, visit the Council for Disabled Children. Alternatively, you can email the team or call on 020 8373 6243.

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



**'My Time' Young People's Counselling**



020 8373 6243 SENDIASS Helpline 020 8373 6273

My Time for children and young people aged 12 – 18

My Time for children aged 5 – 11

<https://www.epandc.org.uk/services/my-time-young-peoples-counselling>

'My Time' is a counselling service, funded by BBC Children in Need, for children and young people aged 5 to 18. Counsellors will see young people for individual sessions either after school or on Saturday mornings.

How to refer your child:

If you would like to refer your child to 'My Time' or you are a young person and you would like to refer yourself then you can complete the referral form.

If you prefer you could contact **Helen, the Counselling Co-ordinator, on 020 8373 6245 or 07903 761916 or email [helen.thorp@epandc.org.uk](mailto:helen.thorp@epandc.org.uk)**

'My Time' operates after school from **Community House, 311 Fore Street, N9 0UR.**



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## **ConnectedEd North Family Service- Therapeutic Support for Children and Families**

Understanding children's mental health & emotional wellbeing

<http://ccsconnected.org.uk/>

They aim to help meet children's needs by enhancing teachers and parents/carers' understanding of how children and young people can be affected by mental health issues. It also gives detailed information on the mental health services available through ConnectEd to help ensure more children and families can access the specialist support they need.

### **Contact**

#### **ConnectEd Mental Health Services**

#### **The Catholic Children's Society (Westminster)**

**73 St Charles Square**

**London**

**W10 6EJ**

**Telephone: 020 8969 5305**

**Fax: 020 8960 1464**



<https://youngminds.org.uk/find-help/for-parents/parents-helpline/#parents-helpline>

**Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)**

**Call Childline on 0800 1111 for free to speak to someone about what's happening and how you're feeling.**

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

The Parents Helpline is there to support parents, carers and those working with children and young people. If you're a young person worried about yourself or have questions about your own treatment, there's plenty of help available.

Parents Helpline is available to offer advice to anyone worried about a child or young person under 25.

You may have questions about your child's behaviour, emotional wellbeing, or mental health condition. Your child may already have been admitted to CAMHS and you have questions about their treatment or want to know what to say to your GP when you visit them.

Trained advisers are there to give help and advice, whatever the question.

The helpline is there for parents, but there's plenty of help and support for young people too whether it's their expert guides or the various organisations and help lines that they work with.

## **Other useful links**

### **Professional Bodies**

- British Association of Counselling & Psychotherapy (BACP): [www.bacp.co.uk](http://www.bacp.co.uk)
- British Association of Drama Therapists (BADth): [www.badth.org.uk](http://www.badth.org.uk)
- British Association of Play Therapists (BAPT): [www.bapt.info](http://www.bapt.info)
- UK Council for Psychotherapy (UKCP): [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)
- Health & Care Professions Council: [www.hpc-uk.org](http://www.hpc-uk.org)

### **Other mental health websites**

- The Mental Health Foundation: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- The Tavistock and Portman NHS Foundation Trust:  
[www.tavistockandportman.nhs.uk](http://www.tavistockandportman.nhs.uk)
- Royal College of Psychiatry: [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)
- Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Other Services in Enfield**

### **Child and Adolescent Mental Health Services (CAMHS)**

The Child and Adolescent Mental Health Service (CAMHS) is for children and young people, and their families, where there is concern about emotional or behavioural difficulties.

<http://www.beh-mht.nhs.uk/mental-health-service/mh-services/camhs-community-enfield.htm>

### **Counselling Services**

Enfield Counselling Service (ECS). Based in Enfield, serving North London, Enfield, Barnet, Haringey, Essex and Hertfordshire. ECS has over 30 years of experience training counsellors and providing psychodynamic counselling for individuals and couples as well as group therapy. <http://www.enfieldcounselling.co.uk/>

### **Drug/Alcohol Support Services**

Compass is a leading national provider of services to tackle problem drug and alcohol use.

<http://www.compass-uk.org/>

### **Children's Information Services**

Informed Families (IF) provides information on quality childcare and support for parents of children and young people up to age 20, in order that they can make informed choices.

<http://www.enfield.gov.uk/if/>

### **Disability Support Services**

Enfield Mencap. Offer a variety of services during the day and early evening for adults with a learning disability.

Services are planned with the service user's needs in mind.

<http://www.enfieldmencap.org.uk>

### **Domestic Violence Support Services**

Elevate. Provides help for survivors of domestic violence living in Enfield, Barnet or Haringey, who need support to help maintain their tenancy.

<http://www.womensaid.org.uk/>

### **Bereavement Support Services**

Enfield Bereavement Service.

[http://www.enfield.gov.uk/info/321/registering\\_a\\_death/729/deaths/4](http://www.enfield.gov.uk/info/321/registering_a_death/729/deaths/4)

### **Young Carers**

Information, support and advice for children & young people who care for a disabled family member.

[http://www.enfield.gov.uk/healthandwellbeing/info/14/enfield\\_resources/167/carers](http://www.enfield.gov.uk/healthandwellbeing/info/14/enfield_resources/167/carers)