

Welcome to The Orchards Special School. We are a special free school in the Borough of Trafford and part of the inspirational Dunham Trust. Our school provision welcomes children with a wide range of learning difficulties.

At The Orchards we celebrate every child and see each pupil as an individual. We want all our children to flourish and achieve their very best in a safe and stimulating learning environment.

We understand that being a parent or carer of children with special education needs and disabilities can be challenging at times. We feel strongly that supporting families will strengthen the outcomes for children.

If you feel you need any extra support or have any worries or concerns, please do get in touch. We are here for you, even if you just need listening ear! We have also created a list of useful links which you may find helpful:

## **Links**

### **Autism**

National autistic society: <https://www.autism.org.uk/what-we-do/who-we-are>

### **Behaviour**

Challenging behaviour foundation: <https://www.challengingbehaviour.org.uk/supporting-you/for-families/for-families.html>

Please get in touch with us at school if you are interested in applying for a parenting course.

### **Benefits advice and grants**

Child benefit helpline: **0300 200 3100** <https://www.gov.uk/child-benefit>

Child tax credit helpline **0300 200 3100** <https://www.gov.uk/browse/benefits/tax-credits>

Citizen's advice: <https://www.citizensadvice.org.uk>

Disability living allowance: <https://www.gov.uk/disability-living-allowance-children>

Family fund grants: <https://www.familyfund.org.uk>

Gas & Electricity support grant (struggling to pay debt) : <https://britishgasenergytrust.org.uk>

### **Bowel and incontinence**

ERIC – The children's bowel and bladder charity <https://www.eric.org.uk/factsheets>

**Childline** <https://www.childline.org.uk> 0800 1111

### **Crisis support**

Red Cross: <https://www.redcross.org.uk/about-us>

Samaritans: telephone **116 123** <https://www.samaritans.org/how-we-can-help/contact-samaritan>

## **Domestic abuse**

Domestic abuse helpline 0800 2000 247

Mankind (helping men escape domestic abuse): <https://www.mankind.org.uk> 01823 334 244

Refuge (for women and children): <https://www.refuge.org.uk> 0808 2000 247

Womens' aid (for women and children): <https://www.womensaid.org.uk> (for safety reasons the website doesn't let you follow the link, but you can copy and paste into the browser).

## **Emergencies call 999**

## **Equality for disabled people**

Scope helpline (housing, benefits, finance, social care, work, equipment, home adaptations)  
<https://www.scope.org.uk/helpline> 0808 800 3333

## **Housing support and advice**

Advice now (Guidance for private renters including: Section 21 eviction notices; homelessness and problems with your privately rented home):  
<https://www.advicenow.org.uk/help-private-renters>

Manchester housing – finding a home and rehousing:  
[https://www.manchester.gov.uk/info/84/rehousing\\_and\\_finding\\_a\\_home](https://www.manchester.gov.uk/info/84/rehousing_and_finding_a_home)

Manchester: problems with a private landlord  
[https://www.manchester.gov.uk/info/500343/advice\\_for\\_problems\\_in\\_your\\_home/7135/report\\_a\\_repair\\_to\\_your\\_landlord/2](https://www.manchester.gov.uk/info/500343/advice_for_problems_in_your_home/7135/report_a_repair_to_your_landlord/2)

Shelter: [https://england.shelter.org.uk/housing\\_advice](https://england.shelter.org.uk/housing_advice)

Trafford housing options: <https://www.traffordhousingtrust.co.uk/find-a-home/homes-to-rent>

Trafford – applying for social housing: <https://www.trafford.gov.uk/residents/housing/housing-advice/Apply-for-social-housing.aspx>

Trafford housing standards (poor conditions in privately rented properties):  
<https://www.trafford.gov.uk/residents/housing/housing-standards/private-sector-rented-tenants.aspx>

## **Mental health and emotional well-being**

Anna Freud: <https://www.annafreud.org/parents-and-carers>

Healthy Young Minds Manchester: <https://healthyyoungmindspennine.nhs.uk/> 0808 802 5544

Healthy Young Minds Trafford: <https://mft.nhs.uk/community/trafford-services/healthy-young-minds>

Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems>

MindEd for families: <https://www.mindedforfamilies.org.uk/young-people>

NSPCC Calm zone: <https://www.childline.org.uk/toolbox/calm-zone/?scrlybrkr=8e0cbba2>

Respect for all counselling (for autistic people, people with learning disabilities and their parents/carers): <https://www.respectforall.org.uk/counselling/helpline> **0161 532 4075**

Young minds (parents e-mail service) <https://youngminds.org.uk/contact-us/parents-helpline-enquiries>

### **Online Safety**

CEOP (Child Exploitation and Online Protection) <https://www.ceop.police.uk/safety-centre>

NSPCC net aware (what you need to know about the latest apps, games and social media sites) <https://www.net-aware.org.uk>

Safer Internet: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

ThinkUknow: <https://www.thinkuknow.co.uk/parents>

### **Relationship counselling**

Manchester relate: <https://www.relate.org.uk/find-my-nearest-relate/outpost/relate-manchester-deansgate> **0300 330 5793**

### **Short breaks**

Manchester short breaks:

<https://hsm.manchester.gov.uk/kb5/manchester/directory/advice.page?id=EJP15IZ5AFs>

Trafford short breaks:

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=Qwnme7cUwgM>

### **Specialist SEND support**

Downs syndrome association: <https://www.downs-syndrome.org.uk/for-families-and-carers>

Living with ADHD <https://www.livingwithadhd.co.uk>

Manchester carers: <https://www.manchestercarers.org.uk>

Manchester SEND local offer:

<https://hsm.manchester.gov.uk/kb5/manchester/directory/localoffer.page?localofferchannel=0>

Social stories (Carol Gray) <https://carolgraysocialstories.com>

Trafford carers centre: <https://www.traffordcarerscentre.org.uk>

Trafford SEND local offer:

[https://www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=\\_oTf9Tdw8w8&newlocalofferchannel=0](https://www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=_oTf9Tdw8w8&newlocalofferchannel=0)

South Manchester Down's Syndrome Support group: <https://www.dsmanchester.org.uk>  
**07593 542 107**

Special needs today (by parents for parents): <https://www.specialneedstoday.co.uk>

### **Sleep clinics**

Trafford sleep clinic <https://www.togethertrust.org.uk/sleep-tight-trafford>

### **Support groups**

Parents connect (free 6 week support group for parents/carers):

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=9kifzMsPhYo&newlocalofferchannel=4>

